ARTIST AND LEADER, 4 | SLICE OF LIFE, 36 | LIVING SPACES, 45

glastonbury LIFE

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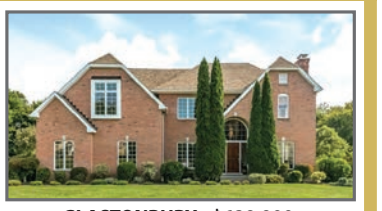
Feature Luxury Home

25 ACCORNERO LANE, SOUTH GLASTONBURY • $834,900

A home of distinction built by HOBI award winning Draghi & Caron Construction in South Glastonbury's newest prestigious neighborhood. This new custom home is perched on a .94 acre lot with sweeping views. IT features 4 – 5 bedrooms has an open floor plan to allow for easy flow into all the rooms on the main level. The gourmet kitchen is great for those who love to cook with sparkling granite countertops, marble backsplash and top-of-the-line appliances. Right off the kitchen is a spacious family room with fireplace perfect for special times after dinner. If you love to entertain then the formal living room and dining room will be put to great use for future holiday parties. Upstairs there is a spacious master bedroom suite with a marble master bathroom including custom shower and clawfoot soaking tub. Down the hall there are 3 other bedrooms all with their own en-suite bathrooms. Also, upstairs there's another room for a study/office and a laundry room. The lower level is unfinished with walk-out for a future game room or exercise space. Come fall in love with this special home and make it your own!

GLASTONBURY • $299,900

(4) Bedroom, 2 1/2 Bath Colonial located on a Cul de Sac with a 1.09 Acre lot backing up to conservation land. Propane Gas powered Generator, Eat-in Kitchen with Breakfast Nook adjoins a formal Dining Room accented with a Chair Rail and French Doors that lead to the Large Screened Porch for Summer enjoyment.



GLASTONBURY • $629,900

This beautiful home has distinctive features & great location in popular Red Hill neighborhood. The property features a library/den, formal living rm & dining rm connect for easy entertaining. The custom open concept kitchen has new granite counters which opens up to the spacious family rm w/ floor to ceiling brick fireplace. Head out the slider doors to enjoy the outdoor deck overlooking the property's apple trees. Upstairs there is a spacious master en-suite w/sitting rm & master bath.

GLASTONBURY • $464,000

Located in the heart of South Glastonbury, this condo is one of few with 4 bedrooms. Move right in to this spacious 4 bedroom cape with views of the Hartford skyline. First floor master suite with walk in closet opens up to the deck. Finished walk out basement adds almost 600 square feet of living space. **SELLER TO PROVIDE BUYER WITH 1 YEAR PREPAID HOA FEES**

GLASTONBURY • $399,900

Kamis quality built (4) Bedroom (2 1/2) Bath Colonial featuring Large Open Kitchen / Family Room w/Brick Fireplace, Formal Dining Room, Formal Living Room w/Fireplace. The lower Level has a 13 X 26 Finished Family / Entertainment Room with an adjoining Office. The Farmcliff Area was built with no two homes alike, each one was Custom Built w/Colonial Charm.

LEBANON • $249,900

Enjoy your summers with Clear Cool Water at Amston Lake, Lebanon on hot summer days! Swim, Kayak, Sail on this beautiful lake. The cottage features a large Open Kitchen / Family Rm w/Propane Fireplace, (3) Bedrooms & (2) Full Baths. A large porch on lakeside facing the Boat Dock. This is your summer vacation waiting for you, just a short distance from the city in quiet east of the Connecticut River Lebanon.

HEBRON • $899,900

Quality Construction by Draghi & Caron Construction to be built upon buyer contract. Lake Views, access to lake through Association Beaches and Boat launches. Sewer available, or septic system.

COLCHESTER • $234,900

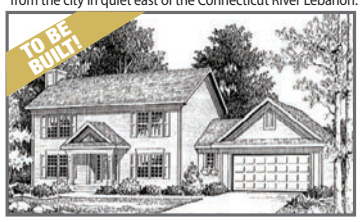
Antique Period Saltbox Colonial sitting upon a country knoll located near Pickerel Lake. This home features an In-ground Pool, large lot allows animals. The House has many period features w/multiple fireplaces, , recently re-finished Hardwood Floors, Sunroom, Updated Kitchen w/Granite Counters, Hugh 1st Floor Family Rm looks over pool area. Fabulous Year Around or Summer Get Away property.

GLASTONBURY • $172,900

Located in the Heart of South Glastonbury with its Restaurants, Post Office, Library, Bakery, Places of Worship and the Oldest Running Ferry in the country. This End Unit Cape Cod style Condo features a first floor bedroom and a 2nd Floor Master Bedroom. Open Dining Area/ Family Room, Full Basement, detached one car garage.

GLASTONBURY • $349,900

Recently Remodeled Cape Cod with many Updated Features: New Custom Kitchen w/Granite Counters, Cinnamon Cabinets, SS Appliances, Vinyl Plank Flooring, LED Lighting & Breakfast Bar. New Harvey Windows & Doors, Crown Moldings, Refinished Hardwood Flooring. 2 1/2 New Tiled Bathrooms. (2) Fireplaces. Finished Lower Level w/ (2) Rooms & 1/2 Bath. New Landscaping & Stone Retaining Wall & Steps.



ANDOVER • $369,900

New Quality Construction to be built on 4 Acre Country Lot, Plans shown are for a smaller house, adding 6' to total width of house making the house about 1900 Sq Ft. Building lot also listed under MLS #G10098402 Call now for meeting with the Builder to discuss plans and specifications.

MANCHESTER • $149,900

Recently remodeled (3) Bedroom Cape Cod with Custom Kitchen featuring Stainless Steel Appliances. Gleaming refinished Hardwood Flooring, Vinyl Siding and a (2) Car Garage. Perfect home for First Time Buyers who can apply for a zero down payment CHFA Loan.

HEBRON • $299,900

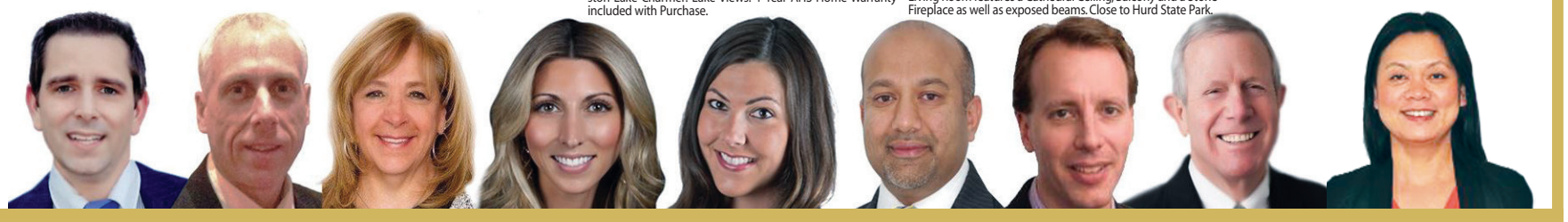
Amston Lake recently remodeled Cape Cod including a fabulous new center piece EHL Custom Cherry Kitchen w/Granite Counters. There are (3) Bedrooms including the 1st Floor Master. A huge partially Finished Bonus Room over the extra-large (2) Car Garage. A few finishing touches will make this an Amston Lake Charmer! Lake Views! 1 Year AHS Home Warranty included with Purchase.

EAST HAMPTON • $289,900

You don't need to travel hours to Northern New England to get the relaxing environment which this lovely Country Log Home will provide. You'll feel the Wow Factor from the moment you enter this charming home. Recently Remodeled Kitchen & Baths sparkle with state of the art materials. The Living Room features a Cathedral Ceiling, Balcony and a Stone Fireplace as well as exposed beams. Close to Hurd State Park.

EAST HARTFORD • $155,000

Full Dormer (3) Bedroom Cape Cod with rear yard which backs up to an Elementary School. Immediate Occupancy Available! Partially Finished Lower Level with Laundry Room. Stone Patio off Mudroom. Private Fenced yard.



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QUOTE OF NOTE:

"Soccer was always the one that had the pull on my heartstrings." - *Quinnipiac University soccer coach Dave Clarke*

See story page 42

ON THE COVER

Greg Foss checks out the Glastonbury High School Titanium Tomahawks' robot as the competition season nears.

Photo by Brian Ambrose
See story page 10

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Courtesy photo

Katherine Simmons enjoys painting landscapes.

Painter finds 'infinite source of beauty'

Katherine Simmons took roundabout route to the canvas

by Mara Dresner
Staff Writer

Katherine Simmons is so steeped in the art world, as a painter, teacher and arts leader, it's not surprising that she said she's always been artistic.

"I can't remember a time that I wasn't interested in art," she said. "I drew from the time I was a little kid. When I knew it was time to think about college, all I wanted to do was go to art school."

What is a little unexpected is the circuitous route she took to her flourishing art career.

"Like a lot of women, I did have a little detour, where I did everything but art. I had a very successful career in another business. I worked at Aetna Life & Casualty in Hartford. My first job there was an advertising illustrator right after college and then I had a little hiatus. I came back in 1970 and worked as a forms designer. Insurance companies have a lot of forms," she said. After a few years, she worked in the company's human resources department, where she stayed for more than a decade.

"Most of my career at Aetna was in organizational development, manager education, recruiting and staffing. I had a rather significant detour from my art career," she said.

When Simmons left Aetna, she decided it was time to make use of her fine arts degree from the Massachusetts College of Art. While she had studied design – product, industrial and interior – she lacked the requisite portfolio required by many potential employers.

"I found a place that would take on someone like me. I worked as an interior designer from 1988 to 1996," she said, both with an architecture firm and on her own.

"Then, I had an interesting period of my career where I worked with Alexander Julian, the menswear designer. I became associated with him through a show house and was hired by Alexander and his wife Meagan. They needed someone to be, I don't know what they would call it, personal assistants. They were very enthralled with my organizational abilities and my artistic abilities," said Simmons, who worked with the couple until 2001. "He was based in Ridgefield. His home is there. You can Google his home. It's pretty amazing. The studio where we worked was right on his property. That was where his principle base of operation was. He was primarily a menswear designer. He was very interested in furniture design and all aspects of home when I joined his firm."

Simmons worked mostly in Home Colours, the home furnishings division.

"It was a full line of furniture, carpets, lighting, sheets, bedding, we even got into towels. It was wonderful. It was fun. We did a lot of traveling. The traveling got a little old after a while, though," she said. "While all this was going on, I had started painting again, starting in 1990. I painted straight through. By the time I was with Alex, I was painting and showing in addition to working with him. By the time I left him, that was my full-time focus."

Simmons had a turning point with her painting career around 1991. While working as an interior designer, she'd been asked to do the design for the dining room of a show house.

"It really needed four big paintings. It was an unusual

circumstance. Usually, you have just four months [to plan]. This was over a year out. I said to myself, 'You've been talking about this. This is an opportunity for four big paintings. If nothing happens in a year, no one will be the wiser,'" she said. "I did four big paintings and I sold two of them. That was enough positive reinforcement for me. That's when it really started. So, I've been painting professionally since about 1991."

She enjoys working in oils, frequently painting landscapes.

"What really draws me to a subject is the play of light across the landscape," she said. "More recently I've discovered still life paintings, what I call meditations on the interiors."

Richard and Aida Cyphers own several of her works.

"What I appreciate with her is she just captures the mood of the scene," Aida Cyphers said. "She's able to capture to capture the mood of any season."

Simmons said that it's grown easier to sell her work through the years.

"It's always an honor. I know when I first started selling paintings it was, 'Oh no, you want to buy my child,' but I got over that. It's gratifying to know I'm out there," she said.

She occasionally finds her work in unexpected places.

"Sometimes you don't know who owns your pieces," she said. She was once in a bank in Massachusetts when she glanced into an adjacent cubicle and notice one of her paintings that she'd done two decades earlier.

"What I appreciate with her is she just captures the mood of the scene."

–Aida Cyphers

Her work is in numerous corporate collections, including Aetna Life & Casualty in Hartford, Massachusetts Mutual Life Insurance in Springfield, New Milford Hospital, and Saint Francis Hospital's Comprehensive Women's Health Care Center in Hartford.

She's twice been awarded First Place at the Annual Elected Artist Exhibition of the Lyme Art Association, and she's been selected three times to show her work at the Lyman Allyn Museum in New London to celebrate Lyme's master painters.

"The thought that my work carries on the standard set by the Connecticut Impressionist painters who founded the Lyme Art Colony made these experiences particularly satisfying," she said in her artist's statement.

Her work has been featured in "The Pastel Journal," "American Artist," and "Connecticut Magazine." She is an Elected Artist Member of the Connecticut Plein Air Painters Society, Connecticut Women Artists, Lyme Art Association (where she also serves as president), Salmagundi Club, and Oil Painters of America, and she is a Signature Member of the Oil Pastel Society.

Closer to home she's a past president and current board member of Glastonbury Arts, formerly Glastonbury Art Guild, and is a co-chair of the local group's annual On the Green Art & Craft show.

"I'm a big supporter of the arts and Glastonbury Arts has been around since 1962. It's an important part of the cultural fabric of the community and as an artist I feel strongly about the arts in our lives," she said. "It's very involved in education for kids, teens and adults, and that's always good whether they're bound for an artistic career or just have an interest in self-expression or enjoyment."

Simmons also has been sharing her knowledge, teaching oil painting through Glastonbury Arts for 15 years.

"It's fascinating whether I'm working with someone brand-new to it or who has painted a while and just seen my work and is learning

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Glastonbury- $314,900
Beautifully updated 4 BR Colonial on cul-de-sac street. Lots of counter space in remodeled kitchen w/large island and breakfast bar. Open floor plan w/neutral décor. New patio w/ fire pit overlooking large backyard. Family Room in W/O LL adds 600+ sq ft. Newer Buderus furnace.

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Glastonbury - $575,000
Superb craftsmanship in this 4BR 4BA Colonial on prime lot in Balmoral neighborhood. 2-story FR boasts stone fp, wet bar, skylights, built-ins, & 2nd staircase. Spacious white kitchen offers huge island great for entertaining! 3 car garage, HW floors throughout, central vac, sec sys & whole house generator!

UNDER DEPOSIT IN 3 DAYS!

Glastonbury - $285,000
Beautifully remodeled Colonial set on a private, peaceful lot bordered by stone walls. Gorgeous expansive kitchen with breakfast bar overlooks new brick patio and large backyard. Hardwood floors accented with neutral Pottery Barn decor. Newer roof & windows & new furnace.

UNDER DEPOSIT IN 5 DAYS!

So. Glastonbury - $514,900
Fabulous So. Glastonbury 4BR, 2.1 BA Colonial bordering Great Pond neighborhood. Granite kit. w/large center island and backsplash w/under-mount lighting. Open floor plan for entertaining! Trex deck overlooking a large, flat backyard. Finished LL, central vac, sec system, 2 fireplaces!

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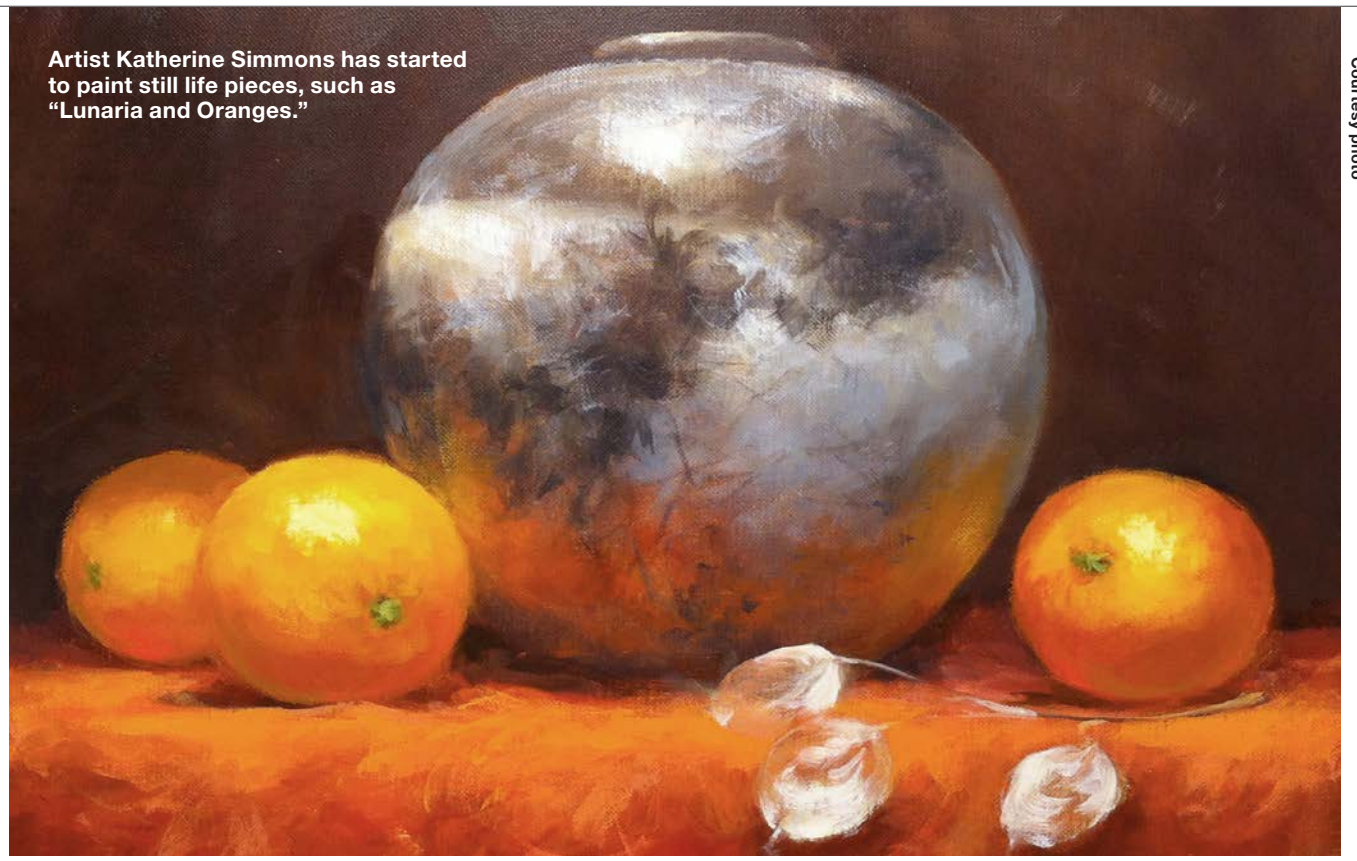

Artist Katherine Simmons has started to paint still life pieces, such as "Lunaria and Oranges."

Courtesy photo

something from me, it's just interesting to see them open up to the medium or the subject. A number of my students are now showing their work so that's very gratifying," she said. "[Teaching] forces you to actually back out of any instinctual part of what you do when you're painting. [Students] ask, 'Why did you decide to do that?' We're usually working from a reference photo in the studio and they'll ask, 'Why did you decide to put the tree there?' In college you spend at least a semester or two on composition."

Even something as seemingly basic as mixing paint often needs explanation.

"I've been mixing colors so long, I don't even think about it anymore," said Simmons, who enjoys explaining how she does it. "It's not some magic. It's really a process. There's technique behind the artistry, so that's fun. It's [also] useful in talking to collectors who like my work."

"She does an excellent job of presenting the various aspects of oil painting for new students, which is what the class is predominantly, people new to oil painting. She does an excellent job of teaching the fundamentals. There's a number of different aspects of it. There's composition; there's the mixing of the oil paint which is no minor aspect, there's composition value and hue and intensity. She does an excellent job of presenting the palettes to the new students. Then there's the technique of actually doing the painting, the right sequence with the right

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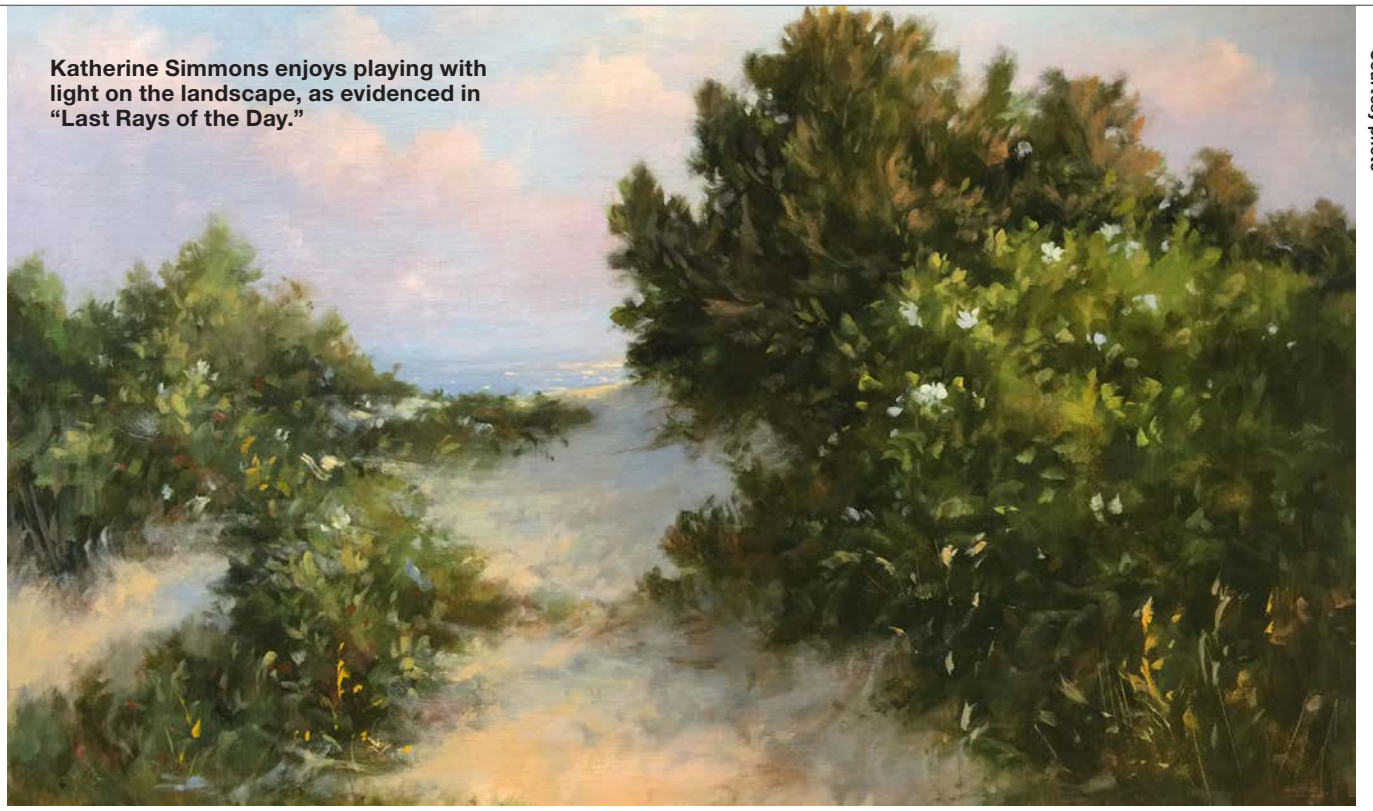
brushstrokes," said Richard Hoff of Glastonbury, who began painting about four years ago when he retired from Pratt & Whitney. "I've always kind of had the yearning to paint. Going to an art museum now, I know what I'm looking at, the techniques the artists used. I'm more knowledgeable about what I'm seeing. That element is worth the instruction right there."

Simmons tries to stick to a regular painting schedule.

"I would like to say I paint every day but I don't. My preference is to start painting in the morning probably around 9:30 or so, and I'll be painting until the early afternoon with a lunch break in there. That's pretty much my schedule," she said. "Usually I have multiple pieces going at one time. The bigger pieces take longer usually so I'm working on those over a period of time although there are some small pieces that interestingly enough take as long as big pieces. Some paintings just happen and come easily, and others, it's a little more of a journey."



Katherine Simmons enjoys playing with light on the landscape, as evidenced in "Last Rays of the Day."

Courtesy photo

No matter what the size, Simmons finds peace in her work.

"I'm not a painter of angry subjects or message paintings. My message is the beauty of nature and serenity," she said. "A collector once said, 'You must either be a very serene person or have a very active life and your art is how you wall that off and get back to serenity.' I think it's a little of both. I usually don't put people in paintings; I don't put buildings. I do love nature. It's just an infinite source of beauty." GL

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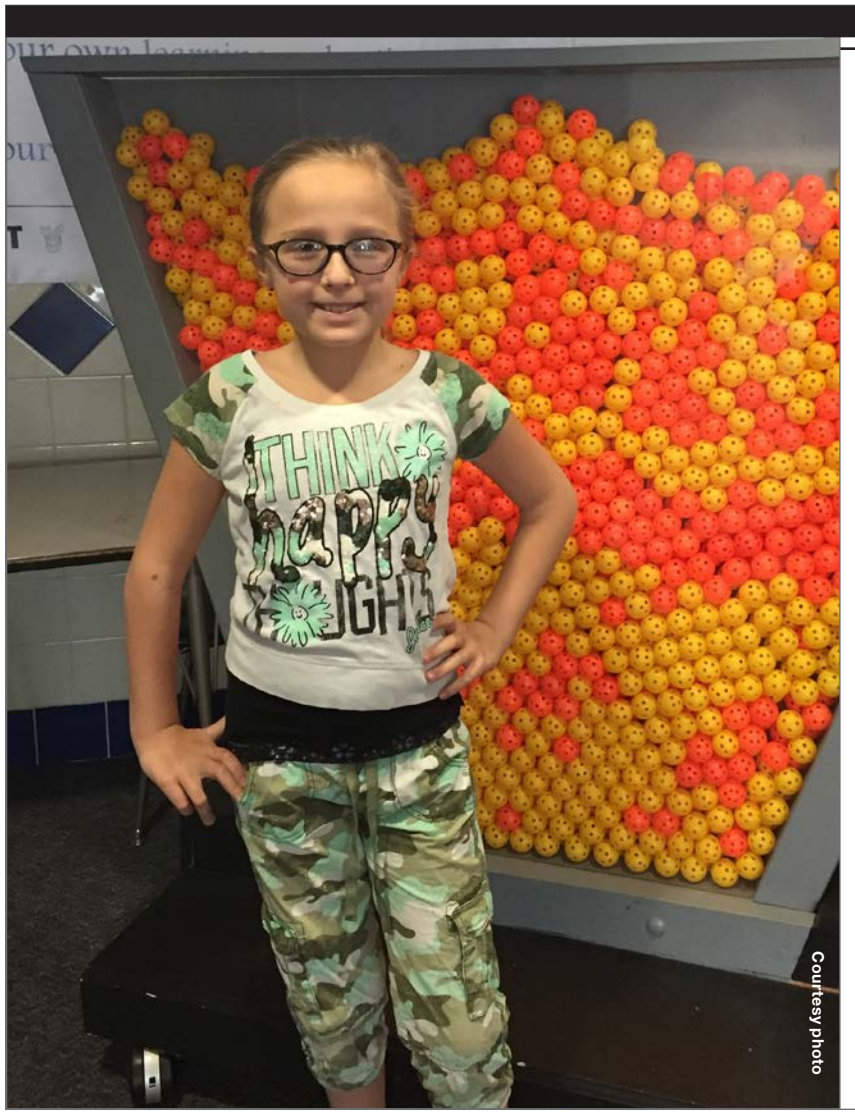

Student of the month

Julia Dunn, this month' student of the month and a fifth-grader at Eastbury School, is looking ahead.

"Don't forget to vote Julia Dunn for president of the U.S.A. in 2040," she said when asked what she'd like people to know about her.

Don't laugh. If her success in elementary school is any indication, it could happen.

Julia, who is president of the Eastbury Student Council, said she ran for the position "to bring new ideas to our school and to bring back old ideas that didn't quite happen."

She's also the alternate for the state spelling bee and has worked on the school's programs for Veterans' Day and for helping children who need food. She also takes flute lessons and plays in the school band.

Outside of school, she takes dance, voice and acting lessons.

Her hard work and accomplishments have impressed her teachers and others.

"Julia is an outgoing and enthusiastic member of the student council," said Deborah Burt, co-supervisor of the Eastbury Student Council. "Her dedication to her position and the student council as a whole is motivating to her fellow classmates. Julia is a great communicator and is able to conduct our student council meetings following an agenda and delegating responsibilities. Julia is a great leader in the Eastbury School community."

Michelle Miclette, Julia's teacher and another co-supervisor of the student council, praised her as well. "Julia is very responsible, both as a student and as the president of student council," she said. "She is personable, creative, and has a great sense of humor. It is a pleasure to be her teacher."

Eastbury Principal Janet Balthazar had this to say: "Julia has been active in the student council for two years. As a fourth- grader, I saw leadership skills in her as she helped the then-president plan a custodian recognition assembly. Julia helped the committee prepare speeches, organize the presentation, and complete tasks by given deadlines. When she has a passion for something, she is consistent with follow-through. What great attributes to have at such a young age."

Julia credits others for her accomplishments. "I never could have done this without my family and friends," she said. GL

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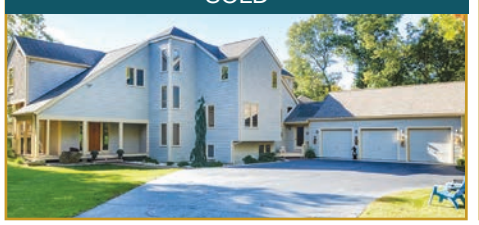

48 Fawn Run, Glastonbury - $599,000
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NEW LISTING

387 Main St., South Glastonbury - $377,000
Remodeled 4 bed, 2.1 bath colonial. Nearly 2000 sqft of updated bliss. Refinished hardwoods, a master suite to die for, partially finished walkout lower level, oversized 2-car garage, circular driveway, professionally landscaped, new electrical, well pressure baffle, generator hookup & more.

NEW LISTING

157 Paxton Way, Glastonbury - $685,000
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Building a better bot

"Coopertition" is stressed

by Nancy Thompson
Editor

Ashley Gartland helps build the team's robot.

Nancy Thompson photo

Members of Glastonbury High School's FIRST Robotics team are learning about engineering, marketing and much more.

The Titanium Tomahawks, as the local team is known, made it to the world championship last year and finished fifth in its division and 29th in the world, and members are hoping to repeat that level of success this spring.

FIRST, an acronym of "For Inspiration and Recognition of Science and Technology," is an international organization founded in 1989 by Dean Kamen – the inventor of the Segway transporter, a robotic wheelchair,

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and other high-tech devices – as a way to encourage students to be as excited and enthusiastic about technology and engineering as they are about sports.

While teams enter competition with the hope of winning, they also cooperate with each other, often by supplying materials or tools when needed and exemplifying the idea of "coopertition," one of the values stressed by the organization.

Sandra Nichols, a physics teacher at Smith Middle School and one of the team's faculty sponsors, described it as "gracious professionalism," adding, "It's not only about winning."

The local team, which grew from 30 members last year to almost 50 for this year's competition, has been meeting several times a week to build and prepare their robot for competition under the guidance of Nichols and Antoinette Kisluk, a Spanish teacher at Smith, and several volunteer mentors.

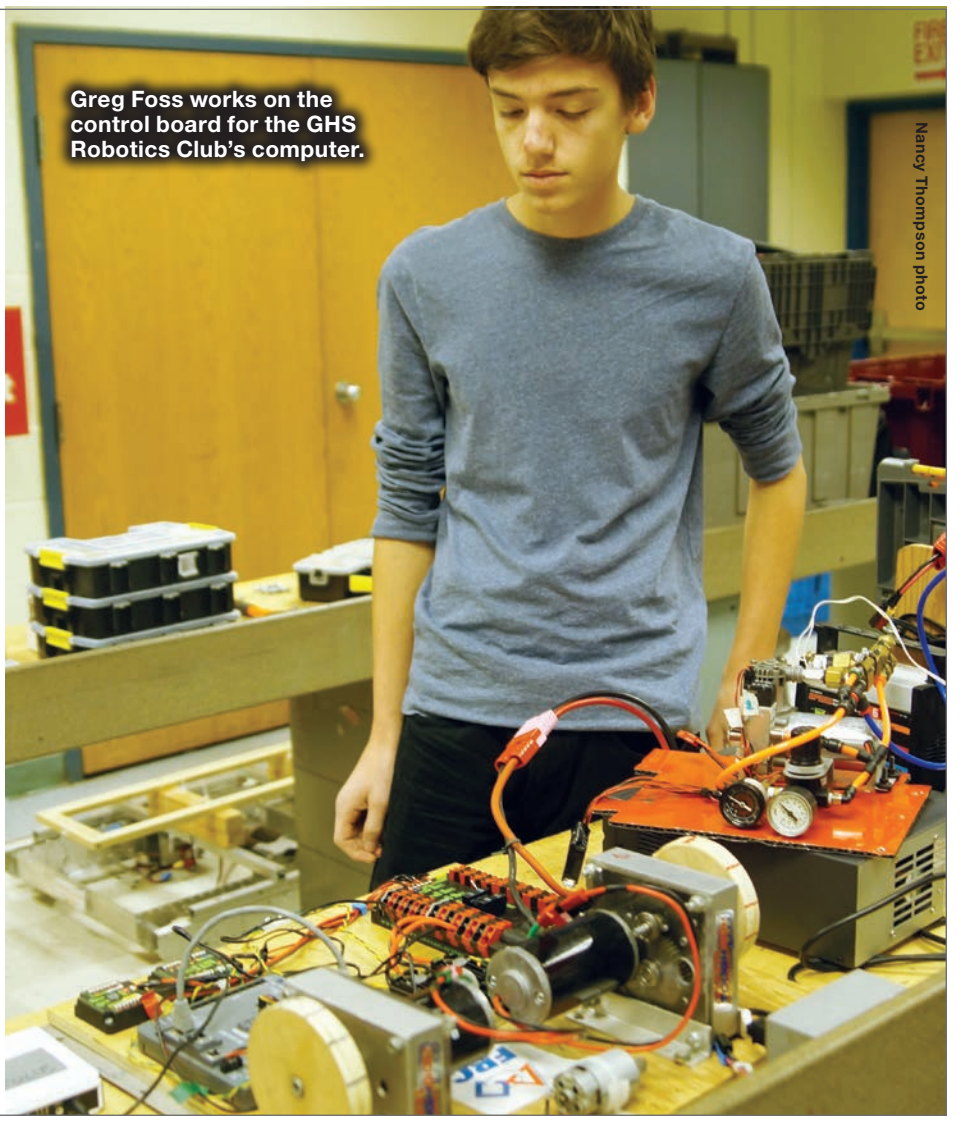
"FIRST Robotics really does a great job with this," Nichols said during a recent Saturday morning session.

In this year's competition, known as "FIRST Stronghold," a robot needs to navigate an obstacle course, fire foam basketball-sized boulders at a castle and then climb the castle walls and hold on to capture it.

Team members have to design and build the robot, program the software, create a control panel, develop marketing and branding materials, and make mock-ups of the obstacle course and the castle for their many practice sessions.

It's complex and demanding, and teams have a grand total of six weeks from their first working session to the first competition. "A lot happens in a short amount of time," Nichols said with a smile.

The team relies on donations from corporations and others. United Technologies gives the



Greg Foss works on the control board for the GHS Robotics Club's computer.

Nancy Thompson photo

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Nancy Thompson photo

Joseph Maciolek and Larry Foster, a team mentor, assemble part of the team's robot.

team between $5,000 and $14,000 each year, and several other businesses in town and in the area also contribute toward the team's expenses.

Many team members, some of whom have been interested in robotics for most of their lives, have said their experiences have influenced their career choices.

Paul Han, a senior who is planning to study electrical engineering and finance at Yale, said he's enjoyed working with robots since he was a child. "I always was interested in taking things apart and building things," he said, adding that he enjoys the teamwork and "being surrounded by interesting, motivated and like-minded individuals."

Kelsey Foster is a senior in her second year on the robotics team who said she enjoys the creativity and collaboration of being part of the group. She plans to study mechanical engineering in college. "My experience on the build team has led me to choose to pursue mechanical engineering because I enjoy the creativity and collaboration associated with building and designing," she said.

For Ethan Cofiell, a senior, being part of the team has given him a new interest.

"Robotics was never something I considered before I joined freshman year, but once being exposed to it through the club it's something I've grown to really be passionate about," he said, adding that he enjoys watching the team grow and spending time with his teammates.

And while he is not planning a career in robotics or engineering, he believes his experience with the team will be an important part of his life. "Being someone who is more interested in psychology, I won't be pursuing a career in robotics, but will surely bring all the lessons I've learned about leadership and teamwork with me into the future, no matter where life takes me," he said.

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Harold Carvajal and David Correa work on a program to control their team's robot.

Nancy Thompson photo

Gregory Foss, a junior who plans to become an electrical/software engineer, said he enjoys being part of a team. "I like how a large team can contribute to one project and work together to accomplish a task," he said.

The mentors enjoy being part of the team as much as the students.

"We break the robot up into subsystems, and then we somehow put it all together," said Chris Noll, a programmer for UTC Aerospace whose daughter is on the team. He said he has been volunteering for several years, helping his group write a variety of software routines to control the robot's ability to drive, aim and shoot.

Jerry Miller, the team's lead mentor, has been helping since his son was on the team 10 years ago. Some volunteer while their children are on the team and leave, but many, like Miller, stay on.

GHS Principal Nancy Bean and Christine Tedisky, science coordinator for the local school system, have praised the team for its efforts and its success.

"I am continually impressed by the robotics team's determination, team work and conviction to accomplish their goals," Bean said. "Being part of a robotics team prepares our students for the real world."

Tedisky agreed.

"This award-winning team dedicates over 300 hours of time to planning, designing, programming, building, testing, and marketing robots to perform prescribed tasks against local and national competitors," she said. "The robotics team affords students opportunities to engage in real-world application of the engineering design process and reinforces many of the skills taught in our science curriculum. **GL**

The GHS FIRST Robotics team is looking for warehouse space and mentors with expertise in machines and manufacturing. To learn how you can help or to get more information about the program, email Sandra Nichols at nicholss@glastonburyus.org.

The Giving Tree comes to life

Local family works to help others

by Nancy Thompson
Editor

Nancy Thompson photo

Stacey DiPiazza, shown with a bale of shredded paper, is the owner of Infoshred in East Windsor

Stacey DiPiazza and her daughters are bringing "The Giving Tree" to life.

Anyone familiar with Shel Silverstein's books will recognize the name given to the DiPiazza family's philanthropic fund. "The Giving Tree," often described as a parable about the gift of giving, has been a favorite in the DiPiazza household for years. When the family set up a fund through the Hartford Foundation for Public Giving, they chose the book's title as its name.

"The children love the book. I'd read it with the kids, so we thought it was appropriate," DiPiazza said. "I wanted to teach my children about giving."

When she turned 40 a few years ago, she decided to act and turned to the Hartford-based foundation, which manages hundreds of donor-advised funds benefiting several causes.

"I knew that a traditional foundation wasn't the way to go," she said. "With a donor-advised fund, once you're at a certain threshold you can give out the interest."

DiPiazza and her daughters decided to focus on helping children, and The Giving Tree Fund, one of the foundation's donor-advised funds, was born. She and the girls review applications and decide each year what organization to help by using interest from their fund. Last year, they provided money for a Hands on Hartford program that provides healthy food for children to take home on weekends. The girls helped review applications and much more, including packing food into backpacks. "They're involved," DiPiazza said. "It's a good lesson. We're very fortunate in our community. It's good for them to see what's out there and learn to help others."

Khubaib Yusuf Mapara, M.D.
Vascular Surgery

Saint Francis Welcomes
Khubaib Yusuf Mapara, M.D.

Dr. Mapara, a specialist in vascular surgery, has joined the medical staff of Saint Francis Hospital and Medical Center.

Dr. Mapara received his medical degree from Aga Khan University, Karachi, Pakistan, and completed his residency in general surgery at Vanderbilt University Medical Center, Nashville, Tennessee. After residency, Dr. Mapara earned a fellowship in vascular surgery at University of Pittsburgh Medical Center, Pittsburgh, Pennsylvania.

Board certified, Dr. Mapara is a member of Saint Francis Medical Group.

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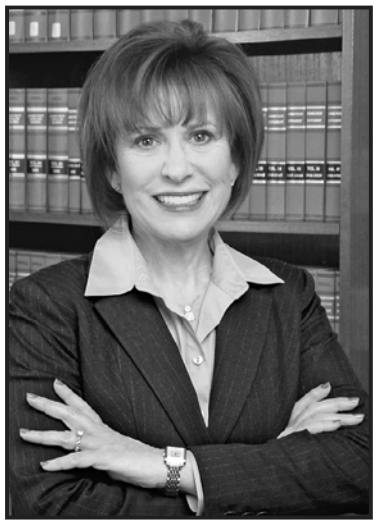

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Stacey DiPiazza (lower left) and her daughters, Marina (top left), Amelia (upper right) and Martella (lower right) help area non-profit organizations through their Giving Tree Fund.

Courtesy photo

This year they're planning to contribute money to buy instruments and accessory items for the music therapy program at the Oak Hill School, Connecticut's largest private provider of services and training for people with visual impairments and multiple disabilities. DiPiazza said she and the girls will visit the school to see first-hand what they do.

"The kids are learning about non-profits and also seeing how the money is used," she said. "They may not understand the method to my madness now, but someday they will."

The Giving Tree is far from DiPiazza's first involvement with philanthropy. She's a member of the fund development committee at VNA HealthCare, which provides services in more than 50 communities in the state, and chaired an event that raised more than $40,000 for the group's hospice program. She worked with her daughters on an ice cream social to raise money for personal care items for residents at the South Park Inn in Hartford, and she's a member of the Hartford Foundation for Public Giving's Catalyst Endowment Fund, which provides information about critical social issues in the area and awards grants to non-profit organizations dealing with those issues, including truancy, homelessness and access to healthy food. According to the foundation, the fund's endowment has grown to more than $1 million and it has awarded more than $750,000 to dozens of non-profits since it began in 1993.

"It got me out of the bubble," she said.

Gretchen Fountain, the foundation's senior donor engagement officer, praised the DiPiazzas for their generosity and their hard work.

"The DiPiazza family are such thoughtful and lovely people," she said. "We have enjoyed working with them on ways to include their daughters in charitable giving. The girls were eager to help when we brought them to Hands on Hartford to help fill backpacks with food for children to take home over the weekends. They were moved to learn that some families struggle to feed everyone in between the meals provided at school. This type of multi-generational philanthropy offers families a tangible and meaningful way to raise kind and generous young people."

DiPiazza, who grew up in Glastonbury, is the owner of Infoshred, an East Windsor company.

She was involved in her father's waste hauling business and helped it grow in the early 1990s when it expanded to include shredding. A few years later, her father sold the waste hauling business she bought the shredding business.

"It was the infancy of an industry," she said.

With medical privacy regulations and other changes since then the business took off. Today, Infoshred has 37 employees, 24 trucks, six mobile units that travel to customers to do shredding, and equipment that can destroy not only paper but also computer hard drives. The company serves hundreds of customers throughout the Northeast from a high-security, state-of-the-art facility where more than 800 tons of documents are destroyedeach month. GL

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Your thoughts

With Earth Day coming up this month, many people are paying extra attention to the three R's: reduce, reuse and recycle. We asked residents for some ways they take steps to be aware of the environment and take good care of Mother Earth. Here is what they said:

Will Gomes

Mara Dresner photos

I've been trying my best not to litter, being mindful if something falls out of my pocket. I used to be in the Boy Scouts. If you were walking on a trail, you would pick up litter. I like to go for hikes in town, like around the reservoir. I'll go with a plastic bag and pick up the litter I see. I'm also trying to recycle as much as possible.

Justin Fagnoni

One of the things I do is I compost. I'm on a 100-percent raw food diet and all of the scraps go into the compost. Nothing goes into the garbage. Anything that's not chemically treated, like brown paper bags, goes in the compost. I'm also using my own cups. I usually use mason jars for drinks, no matter what it is, hot or cold. Being a vegan, that is honestly one of the best things that you can do for the environment and the earth because one of the biggest air pollutants and water users is animal agriculture, not only the meat industry but the dairy industry.

Darci McHenry

At one of the recent birthday parties here at the studio [TeachArt2Me], one of the parents commented on the fact that none of the trash cans had plastic bags in them. I said, 'I'm just taking the trash and throwing it in the dumpster.' Why would I want to throw away a plastic bag that would just sit in a landfill just for the sake of convenience or to keep a trash can cleaner? We make such a concerted effort to recycle plastic yet we're throwing away these non-biodegradable items. **GL**

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April Events

28th Annual Regional Job Fair. 4/1, 9 a.m., GPA Gym. Job seekers can meet face-to-face with more than 60 employers expected to attend this event. Career opportunities are available in all areas from professional, medical and sales to technical, manufacturing and everything in between. Info: Julie Greene at 860-512-3372, email jgreene@manchestercc.edu or visit www.mccjobfair.com.

The Common Read Book Discussion: "*The Beach*" by Alex Garland. 4/1, 4/8, 4/15, 4/22 and 4/29, 12:30 p.m., LRC A121, Library. Please join us for great discussion and good company while exploring a captivating read, *The Beach*, by Alex Garland. Info: Rosalyn Wormack at 860-512-2618 or email rwormack@manchestercc.edu.

Campus Visits. SSC Atrium. Regional representatives will be on campus to discuss transfer opportunities. Info: Robert C. Turner, Jr. at 860-512-3328 or email rturner@manchestercc.edu.

Eastern Connecticut State University. 4/4, 10 a.m.
Albertus Magnus College. 4/19, 10 a.m.
University of New Haven. 4/19, 11 a.m.
Western New England University. 4/19, 4 p.m.
University of Bridgeport-IDEAL. 4/26, 10 a.m.
University of Bridgeport. 4/27, 10 a.m.

The Black-Jew Dialogues. 4/5, 2 p.m., SSC Lobby. What's so funny about two American minorities that have slavery, the KKK, and chicken livers in common? That's what you'll find out in this extraordinary two-actor play on the history and absurdity of prejudice and racism, and the power of diversity. Info: Georgette Hyman at 860-512-3596, email ghyman@manchestercc.edu or visit www.theblackjewdialogues.com.

Open House. 4/5, 4:30 p.m., GPA Gym. Learn about over 80 certificates and degrees, non-credit programs, summer classes and fall offerings, and attend special workshops on financial aid, admissions and other programs. Info: Elijah Oliver at 860-512-3218 or email eoliver@manchestercc.edu.

The Common Read Presents. 4/7, 1 p.m., SBM Charitable Foundation Auditorium. Please join us for an exciting lecture by MCC Professor Jonathan Morris on his travels and experiences while in Southeast Asia. Info: Rosalyn Wormack at 860-512-2618 or email rwormack@manchestercc.edu.

Piano Recital. 4/11, 4 p.m., LRC B129. MCC music major Francesco Blackmore will perform solo and chamber classical piano repertoire as well as his own compositions. Guests performers will include members of the MCC Music Club and MCC music major alumni. Info: Carolina Flores at 860-512-2640 or email cflores@manchestercc.edu.

Health Careers Admission Information Sessions: Students interested in being admitted into a Health Careers credit program must attend a mandatory information session before applying. Info: Theresa Blake at 860-512-2704 or email tblake@manchestercc.edu.

Radiologic Science. 4/12, 10 a.m., LRC B129
Respiratory Care. 4/20, 4 p.m., LRC A142
Dental Assistant. 4/20, 4 p.m., LRC A142
Occupational Therapy Assistant. 4/20, 6 p.m., LRC A142

National Library Week Book Sale. 4/13 and 4/14, 9 a.m., Library, LRC. A variety of fiction, non-fiction, children's books, books for young adults, textbooks, DVDs, CDs, and books on CD will be on sale. Info: Paula Pini at 860-512-2877, email ppini@manchestercc.edu or visit www.manchestercc.edu/library.

International Film Series: *The Second Mother* (Brazil). 4/15, 7 p.m., SBM Charitable Foundation Auditorium. When the estranged daughter of a hard-working live-in housekeeper suddenly appears, the unspoken class barriers that exist within the home are thrown into disarray. 112 mins. Drama. Portuguese. Rated R. Info: Evelyn Angry-Smith at 860-512-2874, email eangry-smith@manchestercc.edu or visit libguides.manchestercc.edu/mccifs.

Passover Seder. 4/19, 6 p.m., Culinary Arts Center, SSC. $6, students; $12, community. This kosher-style meal is prepared by MCC's International Foods class. Reservations required; purchase with a credit card by calling 860-512-3648 or by visiting the Bursar's Office, M–Th, 8:30 a.m.–3:30 p.m. Info: Valerie Wilson at 860-512-2760 or email vwilson@manchestercc.edu.

MCC Chorale and Madrigal Singers Concert. 4/21, 7:30 p.m., Lincoln Theater, University of Hartford, and 4/24, 4:30 p.m., Woolsey Hall, Yale. The MCC Chorale and Madrigal Singers join forces with the Hartt School choruses and percussion ensemble, the Connecticut Children's Chorus and the New Haven Chorale in a gala performance of Carl Orff's "Carmina Burana." Enjoy the glorious sound of over 200 energetic voices, two pianists, and six percussionists. Info: Carolina Flores at 860-512-5640 or email cflores@manchestercc.edu.

24th Annual Evening of Fine Wines. 4/29, 7 p.m., SSC. Join us for MCC's largest fundraiser to support student scholarships, programming and support services. This year's theme features the vibrant colors and excitement of Carnivàle. Enjoy live and silent auctions; more than 25 wine, beer and beverage tasting tables; and elegant, hors d'ouevres prepared and served by MCC's culinary arts students. Purchase tickets at www.mccgiving.org. Info: Kisha Zullo at 860-512-2922 or email wines@manchestercc.edu.

Rebuilding Together. 4/30, 8 a.m. Volunteers are needed for this community-based program devoted to the repair and rehabilitation of homes and facilities designed primarily to serve elderly, disable, and low-income homeowners. Pre-registration required; forms available outside ASTT312 or contact Lucy Hurston at 860-512-2791, lhurston@manchestercc.edu.

All events are free and open to the public, unless otherwise noted, and are subject to change without notice. For current information or notices of cancellation, click on "View All Events" on MCC's web site: www.manchestercc.edu.

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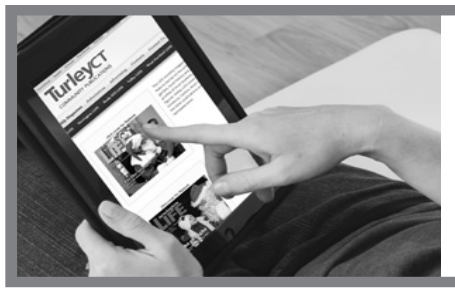

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LIFE *in the kitchen*

with chef Phil Guglielmi

by Nancy Thompson
Editor

Phil Guglielmi likes to say he was born into the restaurant business.

His family lived in Rocky Hill when he was a child, but he spent a lot of time at Panfilo's, his father's restaurant on Main Street in Glastonbury.

"I pretty much grew up there," he said. "I just picked it up. I used to help out by washing dishes, making pizzas. It just happened."

Despite his years of experience, he didn't get into the restaurant business right away. He enrolled at UConn, where he earned a double degree in accounting and finance with a minor in chemistry, and worked for a couple of national corporations, including ESPN and ING.

He was doing well, but he found himself looking to return to the restaurant business.

Tribeca Café, Greg Hughes's restaurant on Hebron Avenue, was on the market, and Guglielmi had a long-time friend who was interested in buying the restaurant with him.

He and Dominick Calciano opened Piatti Ristorante & Bar in December of 2009. Piatti means "dishes" in Italian.

They redid the restaurant's interior using warm colors, removed televisions from the dining room and set up an outdoor patio with heaters for three-season dining.

"I knew the restaurant business would be tough," he said. "It's physically and mentally demanding and the hours are long."

Guglielmi said about 80 percent of the menu items are basics, with some traditional Italian fare and some American items such as burgers. The menu has changed over the years to reflect what he called "more of what is going on now."

Just about everything is made on site, including sauces, meatballs, many of the salad dressings, some breads, and pizza dough. "Whatever we can make in-house, we do," he said.

He said he enjoys the challenges and creativity of being a chef and restaurant owner. "I thrive on it," he said. "You get 40, 50, 60 tickets popping up at once and it's not fun while you're doing it. But I like the environment and there's lots of team effort involved. We have good people and have lots of fun in the kitchen and up front."

Guglielmi, who lives in town, said most of Piatti's diners are repeat customers and that the staff knows most of them by name.

He said the hardest part of the job – and also the most rewarding – is providing the basics while at the same time incorporating specials and new items.

"It's a matter of constantly reinventing what you are," he said. "It's like walking a tightrope, but it's part of the allure of the business." GL

Piatti Ristorante & Bar is at 1001 Hebron Ave. The phone is 860-430-5493. More information is available at facebook.com/PiattiRistorante2.

10 questions for Phil Guglielmi

1. What's your "secret weapon" ingredient? It depends on the dish. I like to use carrots a lot, especially in sauces.

2. What's your least favorite food? Since I'm allergic to shrimp, I guess I'd have to say shrimp.

3. What is the one cooking technique everyone should know how to do? Sautéing is good for 90 percent of what we do.

4. If you could take any celebrity chef out to dinner, who would it be and where would you take them? I'd take Bobby Flay to a down-and-dirty barbecue place down south.

5. What is your favorite cookbook of all time? A couple of Mario Batali's.

6. If you weren't a chef, what profession would you be? I'd be an asset manager.

7. What spice or herb best describes your personality? Hot pepper.

8. What's your "go-to" staple/recipe/dish? Seafood fra diavolo.

9. What do you like to cook when having guests to your home? I like to do tapas and other finger food.

10. It's your last meal on earth. What's on your plate? Homemade gnocchi. Growing up, dinners were always about family.

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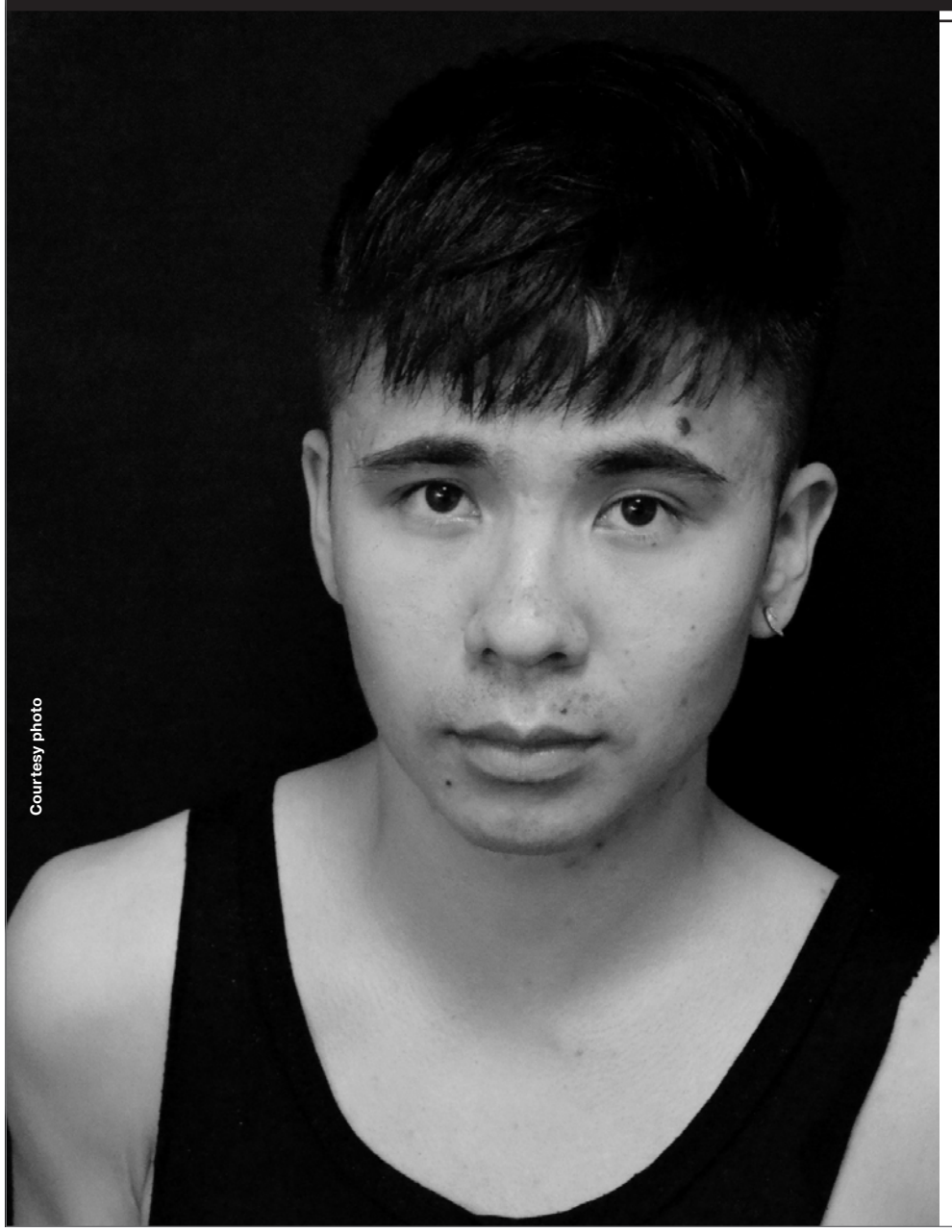
Courtesy photo

Young poet returns to Glastonbury

Ocean Vuong, known to many as Vinh, talks about his life and his work

by Nancy Thompson
Editor

Ocean Vuong, considered to be one of the top young poets in America, moved with his family from Saigon to Glastonbury when he was a young child. He attended local schools and graduated from Glastonbury High School in 2006 and is returning to read several of his poems at the Riverfront Community Center on April 28. Vuong, known locally as Vinh Vuong, has agreed to answer some questions from Glastonbury LIFE.

What was it like moving to a new country when you were so young?

I think it was like any other childhood. When you are young, you look to adults to guide you, to affirm your place in the world. If they are stable and happy, you are happy. And, despite the precarious conditions of our immigration to the States, we were overjoyed to be in America – we had never seen anything like it. Vietnam, in the late 80s, was still undergoing a turbid reconstruction era after the War (families, including our own, were cutting their rice rations with sawdust), so when we arrived at our one-room apartment in Hartford – no furniture, no TVs, nothing – we were grateful just to have a roof, a place to sleep. We were happy because we were excited for our new lives. This is not to say it was easy – but I think our hopes, as naïve as they might've been, helped us make it through some difficult times.

Would you be willing to share a couple of experiences – positive

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or otherwise – when you were growing up here that had a lasting impact on your life?

I grew up in Welles Village here in Glastonbury at a time when the Village was not the greatest place in town. I think it's gotten much better in the 10 years since I left. But while I was there, there were a lot of negative influences: drugs, fighting, violence, theft. I remember playing in the park one Saturday morning and seeing a SWAT team, decked with assault rifles, swarming one of the drug houses. It was terrifying.

The problem with being surrounded by these influences is that you start to believe failure is what you are made of, made from. And you begin to enact failure in your thinking and living. I think that's why I did so poorly in school growing up. I didn't believe someone like me could be successful because everything around me was broken. A lot of teachers gave up on me because I had already given up on myself. In this way, you can't really blame them. But I was lucky to know two very special teachers at GHS: Timothy Sanderson in the English department and Victoria Guertin in the home economics department, from whom I took poetry and cooking classes, respectively. These two were the first teachers I met that did not see me based on my poor record, but rather, as an individual who could make something beautiful. Up until then, I did not know I was a person who could make beautiful things. It's vital to point out that these two teachers were teaching art forms, and they knew that art and creative thinking are independent of one's GPA. They did not see me for who I was or where I came from, but what I could make, which was the greatest blessing. Needless to say, after I took their classes, my GPA went, in a single quarter, from a 1.7 to a 3.67. I remember my guidance counselor, Gary McManus, taking me out of class and shaking my hand, asking, "Who are you and what did you do with Vinh Vuong?" But I owe it to Mrs. Guertin and Mr. Sanderson. Sometimes the smallest yet most powerful act you can do for a troubled student is simply say "You can do this." I owe them so much for

not judging me, for giving me a space where "I can do this." I will never forget that kindness.

What has your life been like since you graduated from Glastonbury High School?

It has been a wonderful and exciting journey. I have been blessed to meet people who care for my work and what I do. My words have since taken me all over the globe. But life doesn't get easier, just more varied, unexpected. I feel very lucky to be able to practice the art of word-making which is, in a way, the art of world-making as well. Life since Glastonbury, perhaps like all lives anywhere, has been both good and tough, which is, in the end, what it's supposed to be. And that's more than enough.

Where do you get ideas for your poems?

The world around me. History. The news. Bits of language and conversations overheard. There's really no secret to being a writer, you just have to pay respectful, perspicacious attention to the world around you. To care for something is to look at it closely. And for me, part of being a writer is synonymous with caring for one's world, its environment, its people, their thoughts, obsessions, fears and joys.

What is your writing practice? Do you write daily? How many poems do you typically write in a year?

I write slowly and seldom. Most of my "work" comes from expanding questions and ideas, which isn't done on the page per se, but in my head. Writing is the inaction of thoughts, but the thoughts must first be charged with earnest, careful, and multitudinous explorations. In a good year, I would compose about seven to eight poems. But I have recently begun a novel, which has demanded a more regular compositional pace.

How does your Buddhist faith affect your writing?

I am still figuring that out. Some days I forget that I am Buddhist at all. And of course, some days I forget I am a writer (which can be very nice!). I think my Zen practice helps me, in relation to writing, to look at the world and its phenomena without immediate judgment. I think we, as humans, are naturally geared to judgment. After all, our ancestors had to decide which fruit to eat, what was poison and what was health. Being judgmental helped us get here, helped us survive. However, in art, fast-judgment can result in the neglect of possibilities.

Buddhism is interested in looking at the world by removing the "Self" from it, by attempting to take out the perpetually referential ego and see things "as they are." Now, I don't know if I have achieved that "seeing", or even if it's possible, to be honest. But I think even the aspiration to do so helps me see the physical and emotional world without quickly deeming it one thing or another. In this way, Buddhism is, to me, a very queer practice, because it privileges otherness and multiplicity, it gazes on one thing and challenges me to ask, "and what else?" Which is the same question I end up asking myself in art. And what else?

What would you be if you weren't a poet?

I was going to be a chef. (Thanks again, Mrs. Guertin!)

What do you hope your readers get from your poetry?

For me, writing, if nothing else, is a bridge between two people, a bridge made of language. And language belongs to all of us. If I enjoy a poem, that just means I am recognizing within it something of myself, something I must already possess. Therefore, to love a poem is to love a part of myself revealed to me by another person. It's kind of like magic, ya know? At the risk of sounding corny, I really believe that writing is the closest thing we have to true magic. Where else, but in words, can we discover each other out of thin air?

Many of your poems are very personal, about your family, your life, your sexuality. What is it like to share that kind of information?

I think poetry creates a space where we don't have to clear our throats, where we can be as strange and obsessed as we actually feel. And someone can read these thoughts and hopefully recognize their own strangeness and uniqueness as a human being. In this way, poetry is the side door to our inner selves, where we can see one another, without shame, more closely. Because maybe it's these things that make us care for another: when we can recognize each other's fears, vulnerabilities, joys, and histories. Poetry and language, to me, is the DNA of our personhood. What a gift, then, to share that with one another. In this way, poetry achieves something regardless of the employment of superior craft (although that certainly helps), it builds a bridge we can actively cross and, hopefully, value one another better.

What are you looking forward to most when you return to the town where you grew up?

I look forward to the people I knew and have come to love. But I would be remiss if I didn't say it was bittersweet. Most of my childhood friends are gone, either moved away, got in trouble with the law, or have lost their lives to drugs and suicide. And I have memories, both beautiful and tragic, with those people all over this town. At the McDonald's on Main Street, at Daybreak, the skate park behind Academy, the apple orchards in South Glastonbury. I used to work at Panera Bread and Boston Market. I used to work on Dufford's tobacco farm. I look at each corner of our town and see phantoms of who I was and whom I loved. But mostly, I keep hearing the laughter of my friends from so long ago. **GL**

Ocean Vuong will be reading some of his poems and talking about his life in Glastonbury and beyond April 28 at 7 p.m. at the Riverfront Community Center. The event, which has been titled "Words and Music for a New Day," will include readings and other performances by student poets and musicians and is presented by Alexandrina Sergio, the town's poet laureate, and sponsored by the Glastonbury Education Foundation. To learn more, visit glastonburyeducationfoundation.org.

Some reviews of Ocean Vuong's poetry:

"[A] masterpiece that captures, with elegance, the raw sorrows and joys of human existence."
–BuzzFeed Books

"[A] haunting and fearless debut."
–Publishers Weekly

"Vuong's powerful voice explores passion, violence, history, identity – all with a tremendous humanity."
–Slate

"An important new voice in American poetry."
–Beloit Poetry Journal

Prayer for the Newly Damned

(First published in The American Poetry Review)

Dearest Father, forgive me, for I have seen.
Behind the wooden fence, a field lit
with summer, a man pressing a shank
to another man's throat. Steel turning to light
on sweat-slick neck. Forgive me
for not calling Your name. For thinking
this must be how every prayer
begins—the word *Please* cleaving
the wind into fragments, into what
a boy hears in his need to know
how pain blesses the body back
to its sinner. The hour suddenly
stilled. The man genuflected, his lips
pressed to black boot as the words spilled
from his mouth like rosaries
shattering from too much
Father. Am I wrong to love
those eyes, to see something so clear
and blue—beg to remain
clear and blue? Did my cheek twitch
when that darkness bloomed from his crotch
and trickled into ochre dirt? Father,
how quickly the blade becomes
You. But let me begin again: There's a boy
kneeling in a house with every door kicked open
to summer. There's a question corroding
his tongue. There's a knife touching
Your name lodged inside the throat.
Dearest Father, what becomes of the boy
no longer a boy? *Please*—
what becomes of the shepherd
when the sheep are cannibals?

April calendar

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2 **Supper at the Welles Tavern,** 6 p.m., Welles-Shipman-Ward House, 972 Main St. $35 for members. Reservations required. 860-633-6890 or hsgct.org.

After-Easter egg hunt for dogs, 10 a.m., Riverfront Park, 200 Welles St. $10 for each dog. Hunt will take place rain or shine. Dogs must be on a leash and have up-to-date rabies vaccination.

4 **Glastonbury Partners in Planting spring meeting**, 7 p.m., Riverfront Community Center, 300 Welles St. Marci Martin, consulting rosarian for Elizabeth Park, will talk about roses. Doors will open at 6:30. The public is welcome.

5 **Town plan and zoning commission**, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

Beginning fisherman clinic, 6:30 to 8:30 p.m., with a second session April 7, Gideon Welles School cafeteria. Open to all ages, but an adult must accompany anyone younger than 10. No charge. 860-652-7679 or recreation@glastonbury-ct.gov.

6 **Book discussion, "The Age of Miracles,"** 7 p.m., Welles-Turner Memorial Library Friends Room, 2407 Main St. 860-652-7720 or wtmlib.com. No registration necessary.

Butterflies in my Backyard with butterfly expert Victor DeMasi, 7 to 9 p.m., Riverfront Community Center. No charge. lhcglastonbury.org

8 **Bus trip to opening day, Mets vs. Phillies,** departs commuter lot across from Burger King at 8:15 a.m., returns 7:15 p.m. $145. 860-652-7679 or recreation@glastonbury-ct.gov.

9 **Children's planetarium show: "Cocomong – A Space Adventure,"** 2:30 p.m., Glastonbury East Hartford Magnet School planetarium, 95 Oak St. Tickets available at www.glastonburyplanetarium.org for $4.25. For more information, email Planetarium@Glastonburyus.org or call 860-652-4910, ext. 364.

10 **Making Welsh cakes, sponsored by The Welsh Society of Western New England,** 2:30 p.m. Members $4, guests $8 to cover the cost of ingredients. Reserve a spot by emailing WelshWNE@gmail.com. Directions will be forwarded at that time.

Farm-fresh tastings, hayrides, farm animals and more, Killam-Bassette Farmstead, 1 to 4 p.m. Twenty percent of all sales will benefit the Judy Lynch Memorial Scholarship Fund. 860-833-0095 or KBfarmstead@gmail.com.

11 **Board of education,** 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

12 **Town council,** 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

13 **Meet the voice of "The Martian,"** 7 p.m., Welles-Turner Memorial Library Friends Room, 2407 Main St. Seating is limited, pre-registration advised. 860-652-7720 or wtmlib.com.

U.S. Navy Sea Chanters Chorus, 7 p.m., Glastonbury High School Auditorium. No charge. 860-652-7975.

15 **GHS Has Got Talent,** 7 p.m. Glastonbury High School. Open to the public. $5. Contact Chris Merisotis at merisotisc@glastonburyus.org with any questions.

16 **Youth fishing derby** open to ages 4 through 15, 8 to 10 a.m., J.B. Williams Pond. No charge and no pre-registration. 860-652-7679 or recreation@glastonbury-ct.gov.

19 **Mark Ramos talks about cellphone plans, operating systems and what to consider in picking a phone**, 3 p.m., Riverfront Community Center computer lab. Reservations required by calling 860-652-7720.

Kids in Jerusha's kitchen, 10 a.m. to 1 p.m., Welles-Shipman-Ward House, 972 Main St. Open to youths from 8 through 12. $15. Reservations required. 860-633-6890 or hsgct.org.

Town plan and zoning commission, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

22 **Walk at Great Pond with Sara Zagorski.** Meet at CT Audubon Center 7 a.m. to carpool. $5 for members, $10 for non-members, cash only at the door. Call ahead to reserve a spot. 860-633-8402.

24 **Textiles, Tools and Technology Day,** 1 p.m., Welles-Shipman-Ward House, 972 Main St. $5. 860-633-6890 or hsgct.org.

25 **Board of education,** 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

26 **Seminar on long-term insurance care**, 6:30 p.m., Welles-Turner Memorial Library Friends Room, 2407 Main St. Registration requested. 860-652-7720 or wtmlib.com.

28 **Unguarded: A Conversation about substance abuse and recovery with Chris Herren**, 7 p.m., Gideon Welles School, 1029 Neipsic Road.

29 **Morning bird and nature walk,** 7:30 a.m., Earle Park. $5 members, $10 non-members, payable at the door. 860-633-8402 or ctaudubon.org. Advance reservation required. 860-633-8402 or ctaudubon.org.

30 **Coffeehouse Project**, 7 to 10 p.m., Academy cafeteria, 2143 Main St. Sponsored by the Glastonbury Community Action Partnership. Details on Facebook at The Coffeehouse Project. GL

Kara Barrepski

Suz Bednarz

Michael Feinberg

Rob Simone

Courtesy photos

Business Notes

GoodWorks Insurance and the **Connecticut Energy Marketers Association** have donated $15,300 to Operation Fuel to help more than 30 lower-income families in the state. This is the second consecutive year GoodWorks has joined with the energy marketers' association to help Operation Fuel.

Cronin and Company, LLC, has hired the following new employees: Kara Barrepski, account executive; Suz Bednarz, senior interactive project manager; Michael Feinberg, senior copy writer; and Rob Simone, junior interactive designer.

The European Waxing Center has opened in Somerset Square. The local location is the seventh in the state and is expected to open in April. **GL**

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News roundup

Nayaug students help animals

Student council members at Nayaug Elementary School collected nearly 500 items for Dog Days, Forgotten Felines and Protectors of Animals, all area animal shelters as part of the school's annual Read-a-Thon.

Nayaug students help animals

New vehicle is unique in CT

The town has added a senior services transportation van to its growing fleet of natural gas vehicles.

A 2014 MV-10DX paratransit van will be incorporated into the senior services department's transportation options. Glastonbury is the only known municipality in the state to acquire an MV-1 vehicle. It is equipped with a wide door, curbside ramp, anti-slip floor and spacious interior to provide comfortable, safe travel and convenient boarding and egress. It's expected that the vehicle will be used for shorter trips and smaller groups and with residents who live in areas that are not easily accessible by larger vans.

Residents warned about scam

Residents are being warned about a scam in which people are calling on property owners and claiming that they are conducting free carbon monoxide tests for the local fire department. The scammers are telling residents that if they don't comply and provide access to their property they will be in violation of the law and at risk of being reported to authorities and fined hundreds of dollars.

The fire marshal said these people do not represent the fire department. Their motive is to gain access to homes and commit or plan to commit crimes.

Residents should contact the fire marshal's office at 860-652-7526 if they want an inspection for carbon monoxide.

Roundabout coming

Construction of a roundabout at the intersection of Hebron Avenue and New London Turnpike will start later this spring, with work scheduled to be complete in the fall. Town officials hope the roundabout will reduce the number of accidents and ease congestion at the busy intersection.

Funding for a second roundabout, at the intersection of House Street and Hebron Avenue, has been received, and construction there will start after the first roundabout has been completed. The Hebron Avenue/House Street intersection is considered to be the town's most dangerous based on the number of accidents that happen there.

Scholarship applications available

Liberty Bank, which has a local branch, is accepting applications for the 2016 Donald B. Wilbur scholarship. The $1,000 award will be presented to a graduating high school senior who enrolling in college with the goal of majoring in engineering or a technology-related field.

Application forms with guidelines are available in all Liberty Bank branches, including the local branch at 64 Oak St. and on the Liberty Bank Foundation website, libertybankfoundation.org/programs. Applications must be submitted no later than April 29. To learn more, call 860-638-2961. **GL**

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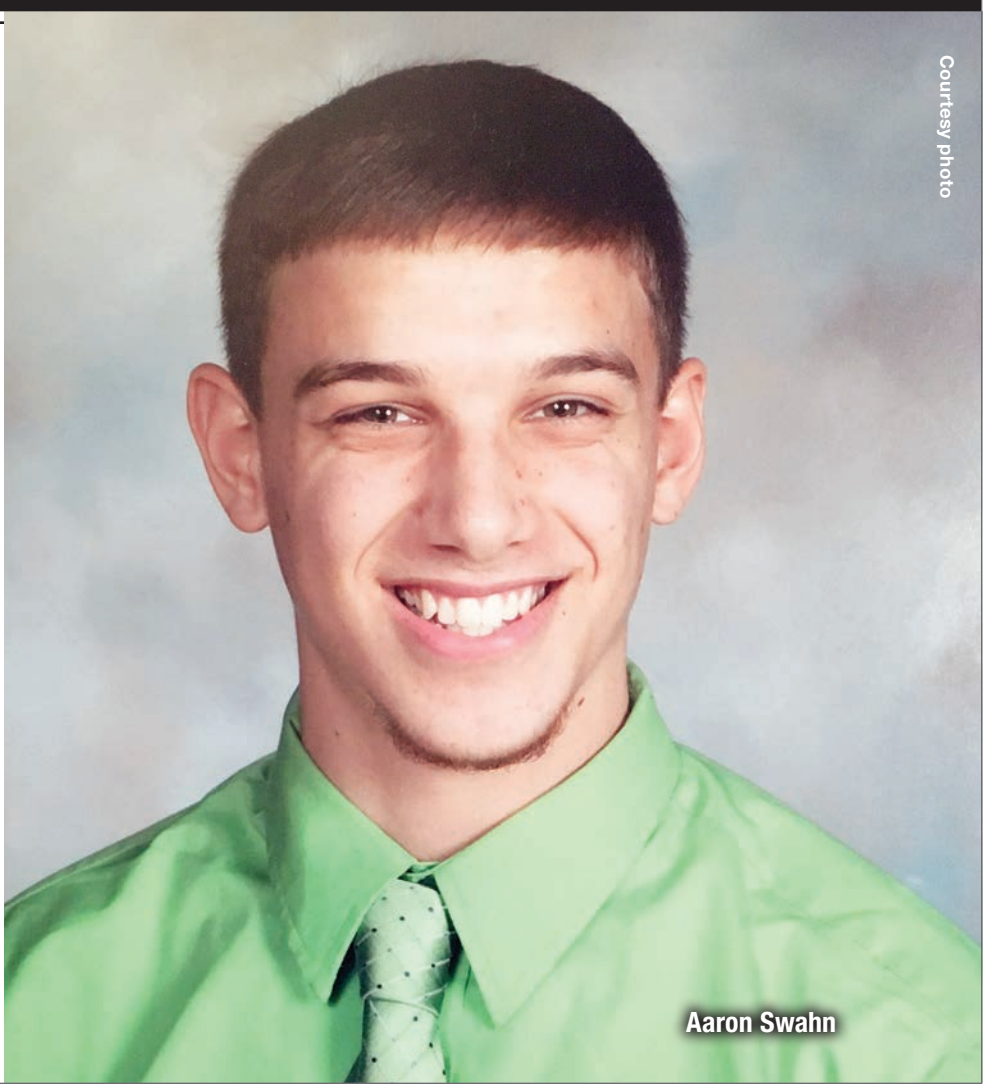
People Notes

Aaron Swahn, a senior at the Sport and Medican Sciences Academy in Hartford, focused on dyslexia and worked with students at the Ben Bronz Academy, a school program that helps students with learning disabilities, in his senior capstone project. Aaron's experiences as a student in the academy's summer program when he was in elementary school led him to choose to work with students there for his year-long project.

Stacey Shorts, a Special Olympian from Vernon who trains with the Glastonbury team at Smith Middle School, will compete in snowshoeing at the 2017 Special Olympics World Games in Austria next March. It will be her second trip to the international competition. She competed in gymnastics in 1999. **GL**



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Aaron Swahn

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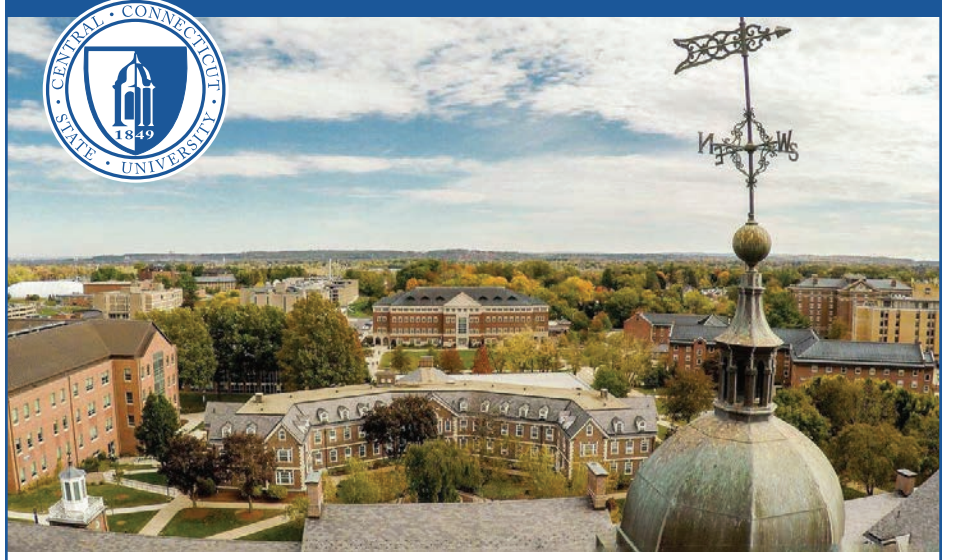

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Events spotlight

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Glastonbury High School auditorium
860-652-7975
This internationally acclaimed chorus will sing a variety of music including folk songs, chanteys, hymns and opera selections in a concert sponsored by the Glastonbury Public Schools' music department. Tickets are free but must be obtained in advance. Anyone interested should send a request for no more than four tickets and a stamped self-addressed envelope to Glastonbury Public Schools, Attn. Denise Branciforte, P.O. 191, Glastonbury, CT 06033.

Textiles, Tools and Technology Day

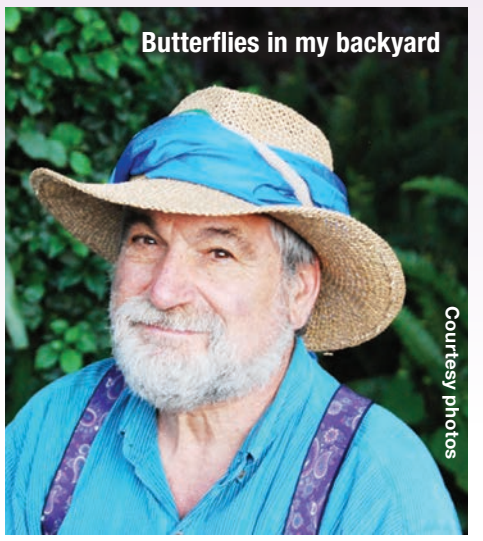
April 24, 1 to 4 p.m.
Welles-Shipman-Ward House, 972 Main St.
860-633-6890 or hsgct.org
Visitors will be able to watch spinning, weaving and quilting, check out colonial tools and try their hand at rope-making. The afternoon also will include demonstrations of Native American technology including flint napping and spear-throwing using a prehistoric atlatl. Admission is $5.

Earth Fair Festival

April 30, 10 a.m. to 3 p.m.
Connecticut Audubon Society Center, 1361 Main St.
860-633-8402 or ctcudubon.org.
The Connecticut Audubon Society will celebrate the 27th Earth Fair with a special theme showcasing Monarch and other backyard butterflies. A $3 donation would be appreciated.

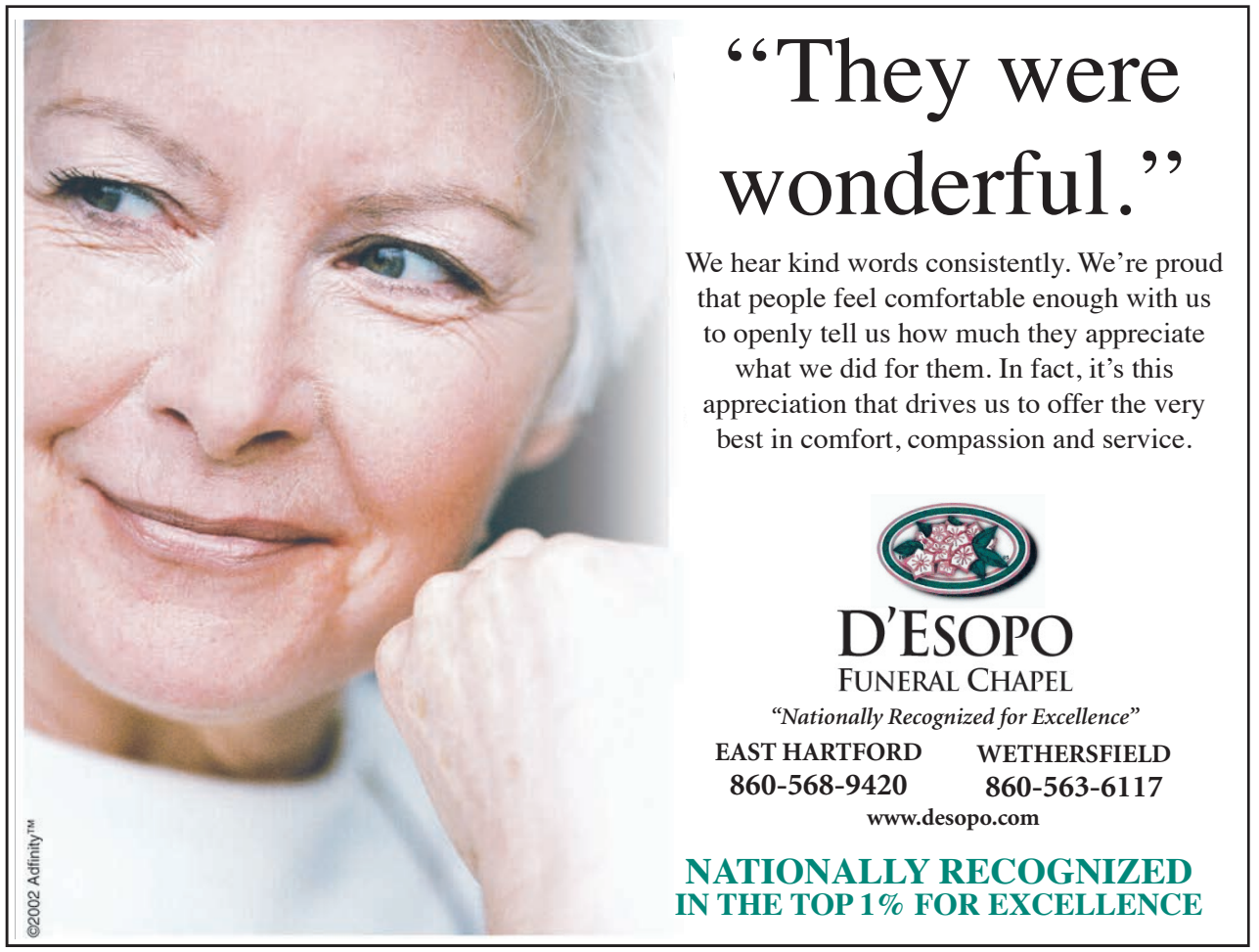
The day's activities include a smudging ceremony at 10:30 a.m., a performance by the Peter Pan Players, close-up encounters with birds of prey, a "snakes alive" demonstration, food and other earth-friendly demonstrations and exhibits. Call the center for the exact schedule.

Since parking at the center is limited, shuttle buses will run from the Colonial Office Building on Main Street and Buttonball School on Buttonball Lane.



Butterflies in my backyard

April 6, 7 to 9 p.m.
Riverfront Community Center, Welles Street
lhcglastonbury.org
Noted butterfly expert Victor DeMasi, a research affiliate at Yale's Peabody Museum of Natural History, will talk about native butterflies, the impact of climate change and invasive species, threats to the Monarch butterfly and how to grow butterfly gardens at this free event sponsored by the Land Heritage Coalition of Glastonbury, Inc. and the local Connecticut Audubon Society Center. GL



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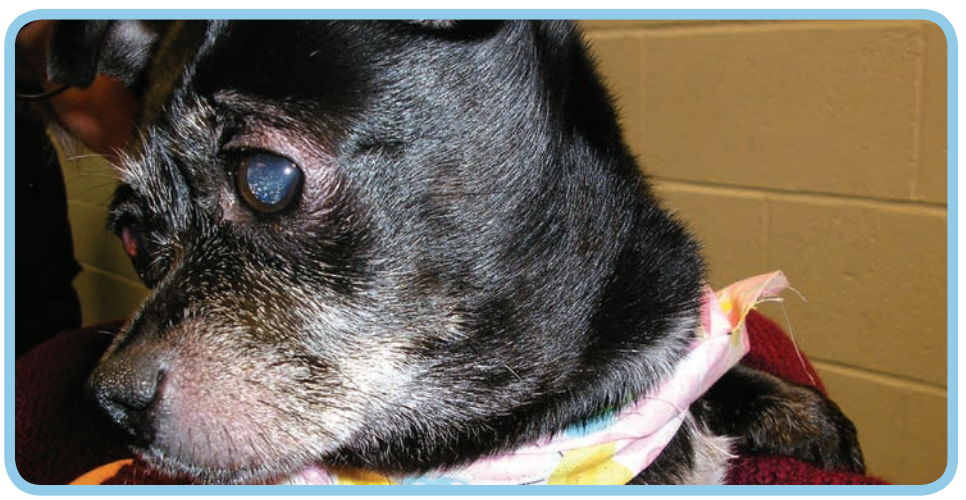

Nena

Nena is a 7-year-old Chihuahua short coat mix. She's a sweet and gentle sort, although she does need some exercise to maintain her svelte physique. Nena would do well in any kind of home but needs the children to be 15 or older and treat her gently. She has no experience living with other pets. The best match would be with a family that has small breed experience.

Tiger

Tiger is a lovable tiger-striped domestic shorthair. He's 6 years old and craves affection. His preference is a senior citizen or a family with older children. He's a little shy and needs to be an indoor cat. Tiger has no prior experience living with another animal. GL

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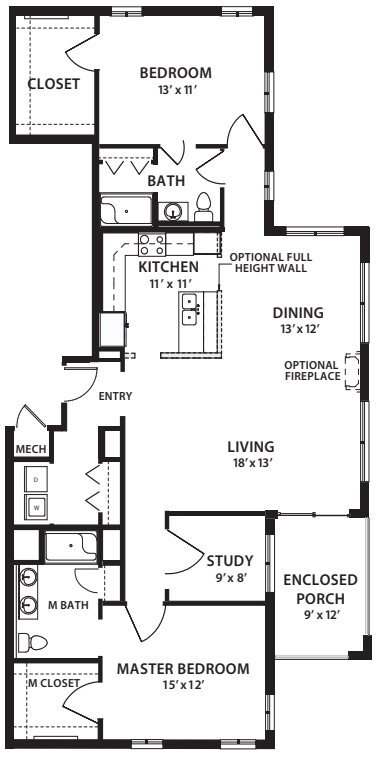

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Courtesy photo

Lucia Lobraico believes nutrition is "not one size fits all."

An advocate of a healthy lifestyle

Lucia Lobraico brings her knowledge to town

by Mara Dresner
Staff Writer

Lucia Lobraico's interest in food started at a young age.

"I come from a very small town in the south of Italy," she said. "I'm the daughter of a woman who was always ahead of her times. She was the first person to have a dishwasher in the town. My mom was juicing when I was only 2 years old. When I became a teen, I was always interested in health and I had my own weight problems. I was in ballet school, and I had to very, very thin. My mom was always into diets, healthy foods; she was always into good nutrition. Every week, we knew which day we were going to get what. Every Wednesday was lentil day. I'm really the product of my mother.

As a teenager, I was myself juicing, reading about nutrition. I could actually calculate a diet by the time I was 14, the proteins, the carbohydrates, the fats. By the time I went to college, I thought, 'Why not make this my profession?'"

As a teen, she also had the goal of living in the United States.

"When I was 15, I told myself by the age of 27, I was going to come to the United States. I always loved the idea of this country," said Lobraico, who graduated with honors from the Medical School Federico II of Naples, Italy, earning a bachelor's degree in Nutrition and Dietetics.

Shortly after graduation, she came to the U.S. on a business visa.

She settled in Connecticut

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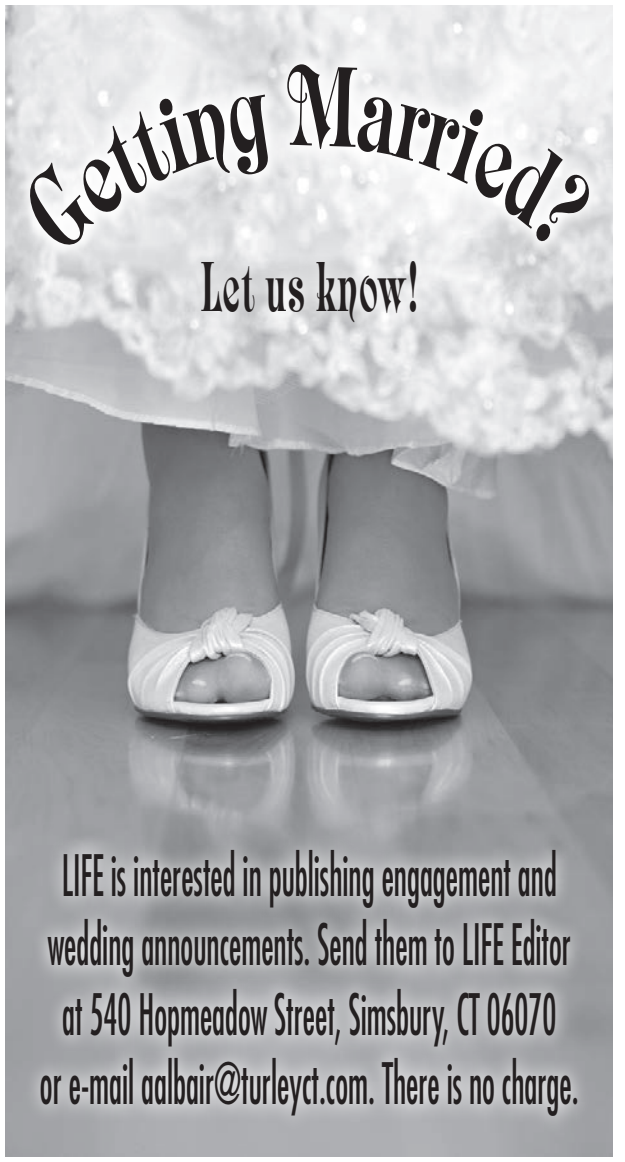

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because she had an aunt who lived in the state and started working in a chiropractor's office in Wethersfield.

"I thought I was walking into an office that already had programs, but no, there was nothing. I actually started from ground zero," she said.

After eight years, she received her green card and decided it was time to strike out on her own. She launched Healthy Living by Lucia, opening in Rocky Hill in 2012 before moving her practice to Main Street in Glastonbury in last November.

"I use nutrition therapy to help [clients] with a vast array of conditions and I am not all about weight loss. People come to me for weight loss but then they discover by following my programs that they no longer get sick, they don't get colds or recuperate from one much faster," she said. "I can help them with any skin conditions, hair conditions, diabetes, food allergies, food intolerances, PMS, menopause, headaches, migraines, digestive issues, bladder infections, arthritis, fatigue, fibromyalgia, sugar cravings, polycystic ovary syndrome, heartburn, high blood pressure and the list goes on. To every ailment there is a nutritional solution and I am here to provide that solution for them."

She said it's not about restricting calories.

"There are a ton of diets out there and they all work because every diet works if it's followed. If your caloric intake is lower than what you expend, of course you're going to lose weight. A lot of people lose weight for a while, then they plateau. The way I see it is like this: It's not just about the calories. When you provide healthy foods, you don't have to worry about calories. In order to lose weight for good, you have to focus on function, the function of the organs and the glands that make up the body," she said. "You can have nutritional deficiencies through years and years of eating the wrong foods. We focus on the liver, the intestines, the kidneys to make the body actually use the food, burn it and feel good, so I go on much deeper levels. Because a diet is just a diet.

"It's about putting the body in a condition so that it functions properly. So even if you give it a huge piece of cake, it burns it in a second. You do that by optimizing the function of the glands and organs," she continued. "You do that by proper nutrition and proper supplementation."

"To every ailment there is a nutritional solution and I am here to provide that solution for them."

–Lucia Lobraico

She starts out by taking a detailed history and blood diagnosis. Once she comes up with a plan, she keeps in close contact with her clients.

"I have a very strong relationship with my clients, which I love. I don't just give a piece of advice. I keep in touch with them daily. You have to, otherwise you don't get results. I'm in touch daily, especially in the beginning. I figure you eat four or five times a day. You're going to need me one of those times," she said.

Knowing that they have that support makes a difference.

"Every patient that comes to me thinks it's only them with the struggle. Instead you realize we're all human beings; we're fighting the same stuff. You're giving back the life of a person and you make them feel better," she said. "I like the one-on-one when a person feels comfortable opening up, and only when they open up, can you make a plan for the person so they can be successful. Nutrition is not one size fits all. I believe in everything natural. I don't think we should force or trick the body into anything. We should just give a nudge to the body. The body is the best drug company that ever existed in the world. The body always know what to produce, when to produce and how much to produce of a needed substance."

One of her clients is a senior executive assistant from Glastonbury who did not want her name to be used for privacy reasons.

About two years ago, she began to have a variety of medical symptoms, including joint pain, headaches and sleeplessness. She saw a variety of doctors but didn't feel she was getting the answers she needed.

She finally turned to Lobraico, whom she had known for years.

"She has helped tremendously. Just over the past month, she's been phenomenal," the client said. "When I reached out to Lucia, knowing her knowledge, we had a nice long talk. She said, 'I can help you.' I don't know why I didn't think of this sooner."

She said she's already seen good results.

"Literally, in the past month, I'm 90 percent better," she said. "It's like night and day now."

Her routine includes supplements and dietary changes.

"She cares about her patients, really cares. She checks in every couple of days. She really listens to you. She's not looking to do a quick fix or a trendy diet. She wants you simply to be healthy, to reach your optimal health goals," she said.

While Lobraico has clients of both sexes, she said many are women over 40.

"That's when women are ready to take full responsibility for their own health and they are more in touch with thei body's needs. She wants to feel good, to feel healthy. She's starting to struggle with the symptoms of accumulated lifestyle habits," she said. "People who come here have tried so many things and they don't know what to do. My client is someone who wants to take responsibility for their body, who doesn't want the quick fix. I can tell people are more educated now about their options, which is great. Some of them can teach me. They read, I love that; it's wonderful." **GL**

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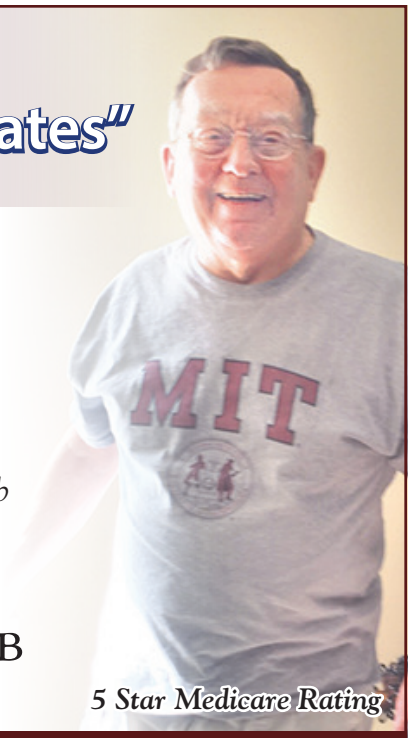

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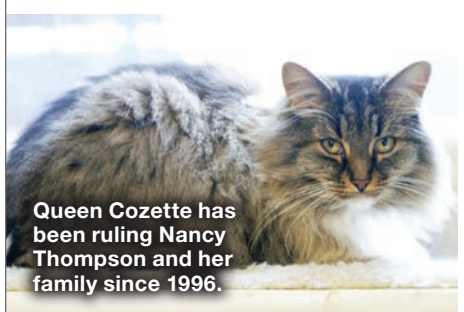
Tails of joy


Queen Cozette has been ruling Nancy Thompson and her family since 1996.

Hanging with the queen

The U.S. is a democracy. Our tiny part of it, however, is a monarchy.

This has nothing to do with my love of all things British. It's because we share our home with Queen Cozette, a lovable little bundle of kitty fur who has owned us since the spring of 1996.

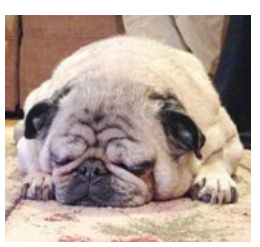
She's the boss and we are her subjects, and that's OK. We laugh when she bosses us around, often insisting that we sit in our – more like "her" – recliner with her red blanket on our lap. Right now, she's in my home office meowing and giving me what we call "the look," trying to order me to the living room for a catnap. Before long, I'll give in. Life around here is like that.

She tells us when she's hungry, when she wants one of her special treats, when she wants to cuddle, and when she thinks that whatever we're having for supper is more interesting than what she has on her plate. Most nights she announces her presence as she jumps on the bed, carefully placing her paws on my feet as she settles in.

We've been owned by a series of kitties over the past 40-something years, but she's been one of a kind, our little queen and, as far as these two loyal subjects are concerned, the best cat ever.

–Nancy Thompson, Editor
Glastonbury LIFE

Earl the Pug



Our boy is now 13 years old. A few years ago he was diagnosed with hip dysplasia. He's gray around his muzzle, if you can believe a pug has a muzzle, and he is now deaf.

His curly tail still wags, his big, brown eyes still shine and he has never, and I mean never, turned down food of any kind.

Through the years he has made us laugh with his antics and made me cry with his stubbornness (he is house trained, but there are days when he forgets that).

Every now and then his hind legs give out and he stumbles. We can scream at him - telling him how much we love him or it's time to go inside - but he does not hear us or even look our way. I'm starting to research wheels for his backside that may help him get around. I've mentioned maybe we should build a ramp this spring so he can get in and out of the house.

How can this little wee, wiggle-some thing of a dog have gotten a hold of my I AM A CAT PERSON heart the way he has?

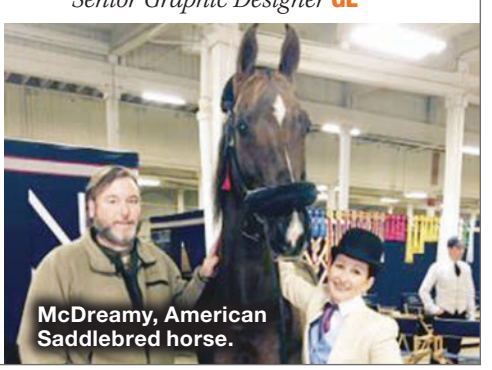
We might not always see eye to eye on things - "No Earl, I am not getting up to get you another treat" and "There is not enough carpet cleaner in the world" issues, but Earl, I love you!

–Alicia B. Smith,
Staff Writer

A horse is a horse

We have had one dog, three cats, a hamster, gold fish and hermit crabs in our household at once. All with unique personalities that seem to take over our home and personal lives, as they are a top priority. However, our number one priority is our largest pet of 17 hands (the height from the ground to the top of its back) that can't fit in our home, an American Saddlebred horse. This breed was referred to as the "Horse America Made." Descended from riding-type horses bred at the time of the American Revolution, the Narragansett Pacer and Thoroughbred among its ancestors. My wife rides in regional competitions with this pet named "McDreamy."

–Daniel Kornegay,
Senior Graphic Designer **GL**


McDreamy, American Saddlebred horse.

Barbara and Oliver are happy in their new home.

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Sit! Stay! Socialize!

Learning how to improve your pet's behavior

by Alicia B. Smith
Staff Writer

Courtesy Photo

Leash training is one of many areas that can benefit a dog as well as offering socialization with other animals and people.

When it comes to training a dog, it is the human who needs the lessons.

Gaining an understanding of how dogs think and view the world as well as knowing your pet's personality is beneficial as well. When a dog is properly trained and socialized it can benefit not only the pet, but the owner's and animal's health, too.

"If you want a dog to respect you, you need to learn their language and communicate with them," Ben Garson, dog trainer at Dogology in Canton, said.

He and his staff of trainers are "training dogs one human at a time."

"I love dogs, and I love working with them, but a lot of what I do is working with people," he said of his business that offers group and individual training sessions at the shop or at home.

A common thing Garson runs into with pet owners has the idea that they know what they are doing in terms of training their dog because they had other dogs before.

"They think, I've had dogs all my life, you feed it, you take it for a walk," Garson said. "Sometimes the most dangerous things are things we don't know or assume we know. Really investigating and educating yourself on how to communicate with them is huge."

Garson said common mistakes people make when training their dog is to be too forceful and using a louder voice than is necessary. Things such as the way a person stands, moves or the energy in which a dog owner corrects their pet all impact whether a dog will be successfully trained.

Garson said the best way to make training a success is to connect with their dog the way they connect with other dogs, with body language being a huge component.

"Those things come more natural to a dog," he said.

When the once adorable puppy grows into an older, less active senior dog, the pet's behavior may change as they develop age-related issues, such as joint pain or illness.

Garson said that older dogs have developed a pattern of behavior that they stick with, much the way a person does. He likened it to a person flipping a switch to turn on a light even though the power is out; the behavior has become a habit.

One of the things that pet owners should keep in mind when working with an older dog is that changing their behavior can be stressful for the pet, and the dog should not feel pressured, that is why it might take more time to retrain a dog than to start fresh with a puppy.

"It's not impossible," Garson said.

What older dogs need is a person they can trust and respect and who will gently lead them into proper behavior.

"A lot of people confuse freedom with happiness, they think a dog who has no structure, no boundaries or rules is a happy dog," Garson said.

"But, really nowhere in life does that exist; kids raised without structure and boundaries tend to be miserable adults."

This is true for dogs as well.

"Socialization is one of the most crucial parts of raising any dog," Christian Suter, owner of Candlewyck Kennels in Glastonbury said. "It's something

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Dog Star Rescue, Farmington Valley
Dogstarrescue.org
Facebook.com/dogstar (Dogs only)

Connecticut Humane Society
701 Russell Rd.
Newington, CT
800-452-0114
cthumane.org (Variety of animals)

Mary's Kitty Korner, Granby
860-379-4141
maryskittykorner.org (Cats only)

Animal Friends of Connecticut, West Hartford
860-827-0381
afocinc.org (Dogs and cats)

West Hartford Animal Control
860-570-8818

owners should really make a point to work on. If you are having trouble with it, seek someone out."

Suter defined socialization as "being socialized with everything in their environment, this means cars, trains, trucks, all sorts of people, sounds, different smells, other dogs, anything they can encounter in its environment."

Suter said socializing a puppy should begin immediately when a puppy comes home to its new family, usually around 8 weeks old. To do so simply means introducing the puppy to anything in and around the house, including people and other pets.

"What you want to do is, if the puppy shows any fearfulness or uncertainty, you encourage it to overcome that," Suter said.

While starting immediately with a puppy is ideal, older dogs can also be socialized to feel better in their environment.

"You don't want to overwhelm the older dog. If it's fearful of something - other dogs, running cars - you want to help that dog and encourage this dog to be more confident in that situation. When older dogs fear something, they often had a negative experience in the past," Suter said.

Candlewyck Kennels offers doggy day care, which, Suter said, can be an excellent way to help socialize dogs. Puppies are put in a separate area where they are first introduced to other young dogs about the same size. As the dog adjusts to all these new canine friends, he or she will eventually move into the area with more dogs.

"I think it's important for an owner to understand how a dog learns," Suter said. "If you understand that, it helps you tremendously in socializing and

"When I get a new dog I do training classes. It's a nice refresher and bonding time, something you and your pet can do together."

– Dr. Monica Dijanic

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getting to know your dog and working with your dog."

"I am a big proponent of socialization and training," Dr. Monica Dijanic, medical director at Beaver Brook Animal Hospital in Wethersfield, said.

She has heard statistics ranging from 30 to 65 percent of dogs are surrendered to shelters because of behavioral issues. It does not have to be this way.

For starters, training your pet, Dijanic said, helps to establish a human-animal bond and it prevents the pet owner from becoming frustrated. It also helps keep pets healthy.

"If you have an untrained dog that eats your Thanksgiving turkey, you will not only have an upset family but foreign body issues, GI upset; there are health ramifications," Dijanic said. Additionally, if a dog is trained to come at their name it can keep them safe if they should get out of the house or off leash.

"The big one people talk about is the human-animal bond; you will be bonding with a much more well-behaved dog or cat," Dijanic said.

Issues such as a cat urinating outside of its litter box or a dog that constantly jumps on people can be prevented with proper training.

Dijanic recommends pet owners sign up for dog training classes.

"I've been in the veterinarian field for over 25 years," she said. "When I get a new dog I do training classes. It's a nice refresher and bonding time, something you and your pet can do together."

Classes, even for those who have attended before, help to introduce new techniques with which pet owners may not be familiar.

While dogs are the most common pet to benefit from training, Dijanic stressed that cats, too, can benefit.

Typically, they will train themselves to use a litter box, but pet owners can help train them to not scratch furniture by having a scratching post available or using pheromones to help keep cats calmer.

Pet owners should not be worried about training older dogs either. They really can learn new tricks.

"Even with older pets, I would not let that deter people," she said of offering ways to help an older animal adjust to new surroundings. GL

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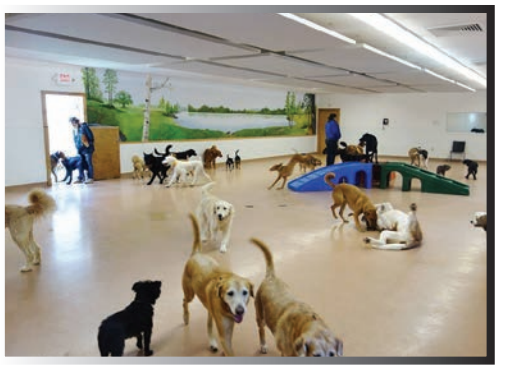

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Slice of LIFE

photos by Brian Ambrose

Annual International Night Celebration

The Glastonbury Foreign Language Department welcomed students and parents to a fun filled night of activities, dance and food at their annual International Night celebration. 1. Lucy Raymond, Dahlia Ghoshal and Samantha Chow display their African animal face masks. 2. Janice Dowd, director of the town's Startalk Program, and Angel Lee check out an oriental umbrella. 3. GHS Classics Club members Lizzie Collins, Sophia Ladyshetz and Mita Kale sell food samples at the international cuisine tasting station. 4. Robert Shea poses in a cut-out matryoshka doll as his wife, Ida Torre-Shea, looks on. 5. Mikhail Smirnov plays his balalaika contrabass. 6. Lisa Laurito helps at the registration table. 7. Daniel Watson and his children, Lydia, Curtis and Jared, students at Nayaug school, create Mexican paper flowers. 8. Tyler Van Riper checks in with a stamp for his passport. 9. Kungfu grand masters from Ju Long Wushu Martial Arts Training Center are set to perform. 10. Abbey Renaud and Emma DiLauro, members of the Foreign Language Honor Society at Glastonbury High School, serve as volunteers. 11. John Rook, a Russian and Spanish teacher, and Lynne Campbell are ready for International Night festivities. 12. Sosa Santos leads a class in Bachata and Salsa. 13. Irene Gifford, a French teacher at Gideon Welles School, watches a student's video.

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Dr. Jeffrey Walden teaches CPR to his 12-year-old daughter, Alexis.

Training with Pulling for Pulse team members Shawn Perry and Jason Post on an automated external defibrillator.

Courtesy photos

Pulling together for a good cause

Crew team and friends are raising money for new shells, heart health

by Mara Dresner
Staff Writer

According to the American Heart Association, more than 326,000 people experience cardiac arrest outside of a hospital each year and about 90 percent of them die, often because bystanders don't know how to start CPR or are afraid they'll do something wrong.

The Glastonbury High School Crew Team and Friends of Glastonbury Rowing, Inc. are working to improve those odds with their new "Pulling for Pulse" campaign.

The campaign has a multi-part mission – to promote awareness of heart disease in Glastonbury, raise funds to support the American Heart Association and Glastonbury heart health initiatives, to teach hands-on skills that can save a life, and to provide the GHS crew team with new racing shells honoring those whose lives have been affected by heart disease and those who live heart healthy lives.

"The Pulling for Pulse Campaign grew out of a simple question around our kitchen table," said Ginger Crawford, whose daughter Julia Boll is a captain of the girls' team. "How can we give back to the Glastonbury community and the GHS crew team that have done so much for us?" The answer was easy, a boat campaign that was heart health-related. The girls' head coach at the time was Nick Grassi. When asked what the crew team needed, his response was a new four-person racing shell for the girls' program. Ultimately the goal was two new four-person racing shells to support both the girls' and boys' teams.

The campaign is modeled after two previous successful GHS boat fundraisers, Pulling for Pink, which benefited cancer charities, and Pulling with Pride, which supported veterans' charities.

"It is important to note that this campaign isn't just about getting new boats for the crew team," Crawford said. "This isn't all about the money. Heart health impacts everyone in some way. The team wanted to help where we could."

That includes offering CPR training, teaching people about automated external defibrillators and how to help someone who is having a heart attack or other cardiac episode.

The first event was a hands-on training session on chest compressions and how to use the defibrillators early in March. On March 31, they'll host a free program called "Everything You Wanted to Ask a Sports Cardiologist" with Paul Thompson, chief of cardiology at Hartford Hospital, who will discuss the effects of exercise and diet on preventing heart disease, as well as screenings and treatment options.

Crawford has a family history of heart disease.

"My dad had open-heart surgery at age 52, so I was in high school. I was 15 and unfortunately the bypass they did, that was really early in doing bypasses, blocked back up," Crawford said. "At 63 he had a heart attack he didn't survive."

Her daughter said that the family connection to the disease makes the campaign personal.

"One of my teammates and I came up with Pulling for Pulse about a year ago when we found that a new racing shell would really benefit the team," Julia said. "We realized that heart health is a big issue everywhere and wanted to create a fundraiser that would help build a more heart safe community and also help us obtain a new boat. It became a full team effort, meaning the girls' and boys' teams now work together with the common goal of getting two boats, one for each team, and raising heart health awareness here in Glastonbury. This is extremely important to me because heart conditions have really taken a toll on my family. My grandfather passed away from arteriosclerosis, a heart disease, long before I was born, and my other grandfather just recently passed from a stroke. Beyond that, my mother has a heart condition that requires regular monitoring and I know that there are many other families with this history regarding heart conditions. It would mean so much to me if we could really make a difference and get the people of our community educated in CPR, the use of AEDs and heart safety."

Shawn Perry, a senior who's in her eighth season on the crew team, has been involved with the effort from the start.

"Pulling for Pulse is important because this team has given so much and I want a way to give back to it. I also know of many people who have been affected by heart problems and know what an important issue it is. But while it is a large issue, there are things we can do as a community.

By members of our community knowing CPR, even just hands-only, we can increase survival rate from cardiac events. These are preventable issues. By being informed about how we can stay healthy, encouraging the knowledge of life-saving skills and funding organizations like the American Heart Association a change can be made," she said.

Each boat will cost around $30,000 with oars. The boats will be custom painted with an EKG line, making them immediately recognizable.

"We want people to see it and get the message of heart health out," Crawford said.

They are hoping to raise more than $90,000. In addition to purchasing the new shells, they will donate money to the American Heart Association and to the Glastonbury community, where it will be used for heart health events and equipment, defibrillators for the boathouse, trailing and education, Crawford said.

Pulling for Pulse accepts donations of any size. For a minimum donation of $300, a donor can designate a name to be displayed on the side of the boat. They are also designing T-shirts and for a donation of $500 or more, a business or individual can have their name on the shirt.

"Pulling for Pulse is an important initiative because of the many benefits it brings to countless individuals. The campaign's efforts will help raise awareness of heart disease, an issue that affects so many of us, our family members or loved ones. The funds that the campaign will raise and donate to the American Heart Association will assist the organization with its research, education and efforts to reduce the number of Americans who are diagnosed daily with heart disease, while continuing to make strides in the treatment of those currently suffering from it. CPR training and awareness is vital, and the goal of teenagers being trained in it that Pulling for Pulse is spearheading is monumental," said Heather Summers, vice president of Friends of Glastonbury Rowing, Inc. "It's important for people to be aware that the group of young men and women from GHS Crew who have organized themselves to form Pulling for Pulse have done so with a commitment to help the community through the campaign, its education about heart disease, its fundraising to donate to the American Heart Association, and their goal of obtaining two four-person crew shells which will be beautiful memorials to those people whose names appear on the boats. The lessons and experiences that these athletes will learn during the campaign will be significant in their lives and they will carry with them forever. Commitment, time management, giving back to your community, creativity, tenacity, resourcefulness, these are all attributes that the Pulling for Pulse members have embraced and Friends of Glastonbury Rowing, Inc. is very proud of all of them and is honored to support the campaign."

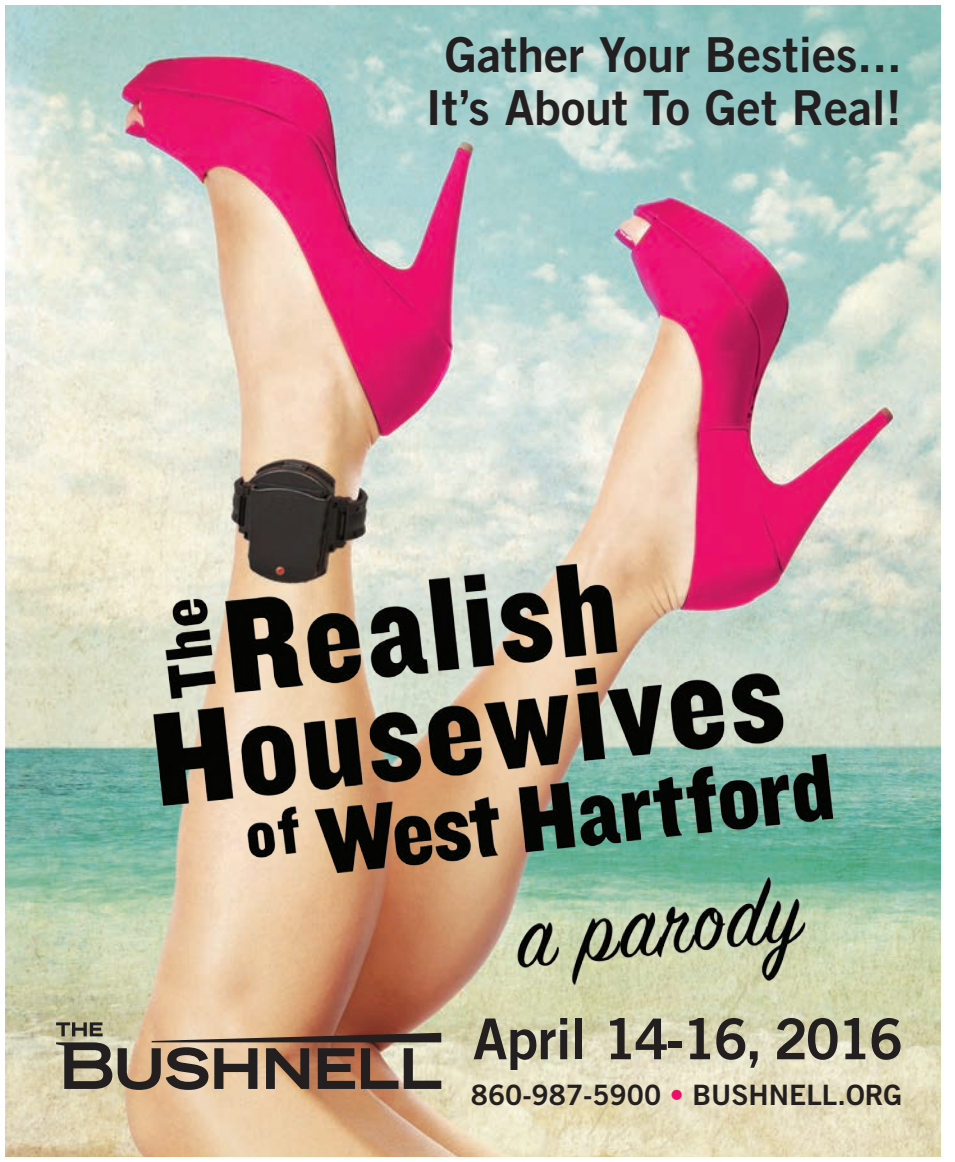
Dr. Jeffrey Walden, a cardiologist affiliated with Hartford Hospital and father of Glastonbury crew team member Matt Walden, emphasized the importance of widespread education.

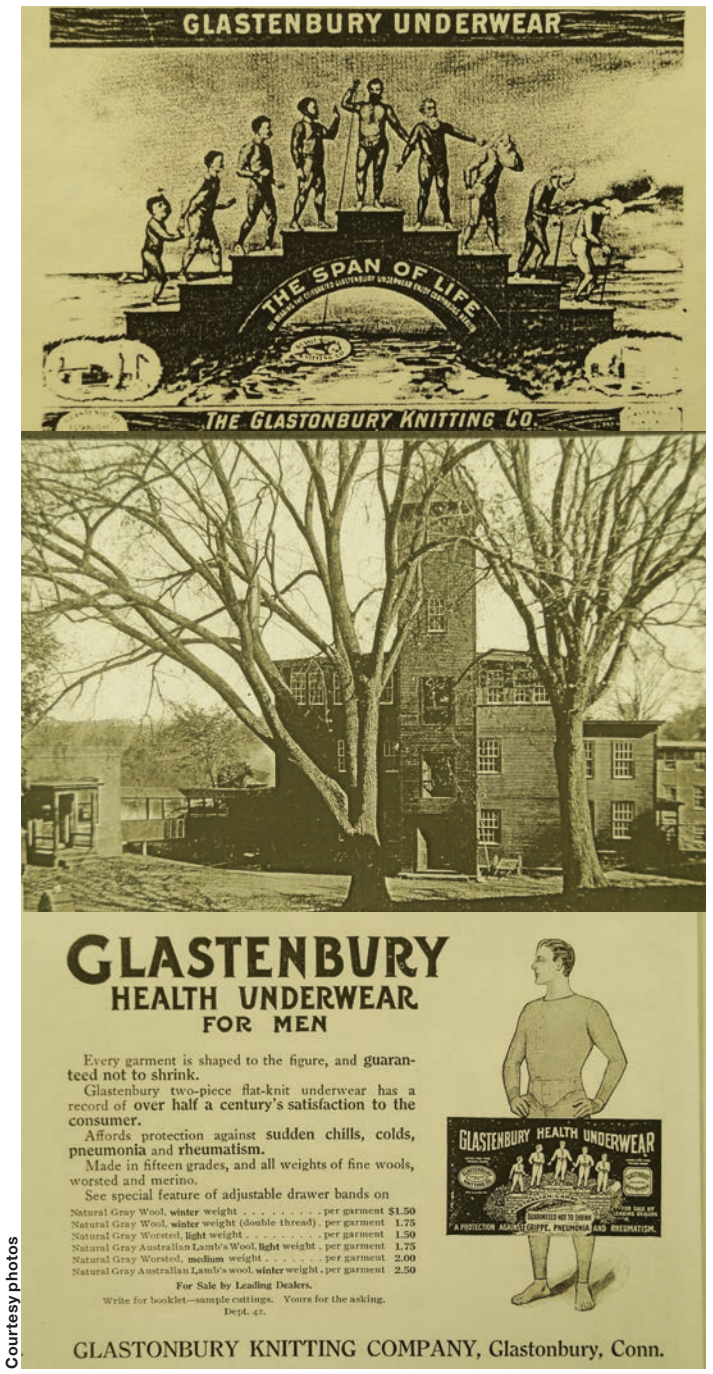
"Training people to perform CPR is a way to educate everyone for the benefit of anyone, truly the definition of community," he said. "Personally, my cardiology partner died from a cardiac arrest while jogging. No one is impervious to heart disease, and heart disease is the number one killer. I care for people all the time who survive an out-of-hospital arrest and are lucky enough to arrive at the hospital. The first question we ask is how long *until* CPR was initiated, and for how long. Survival depends on the early initiation of adequate CPR, which can be easily trained. Hands only CPR teaching is an easy way to help save a life by starting chest compressions until certified rescuers arrive."

Walden said that in a highly trained community, such as Seattle, the survival rate can increase from 10 percent up to 60 percent.

"I am very proud of the crew team for initiating a focus on community training. Donating to this fund will help support life-saving measures in Glastonbury. Participating can save a life," Walden said. "It would be great if Glastonbury can replicate the success of Seattle." **GL**

"Everything You Wanted to Ask a Sports Cardiologist," a free program with Paul Thompson, chief of cardiology at Hartford Hospital, will take place March 31 at 6:30 p.m. in the Glastonbury High School auditorium, 330 Hubbard Street. To learn more ormake a donation, visit pullingforpulse.org.

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GLASTONBURY KNITTING COMPANY, Glastonbury, Conn.

Courtesy photos

Local mill was known for underwear

Knitting company made "union suits" during the Civil War

by Nancy Thompson
Editor

Glastonbury is known for its Apple Harvest Festival, its school system, its orchards and open spaces and its many fine restaurants. There was a time when it also was known for its underwear.

Fraray Hale and Samuel Welles started the Eagle Manufacturing Company in 1835 in a mill on Salmon Brook at what are now Mill Street and Addison Road. The company, which manufactured woolen goods, gave its name to the area, which was known as Eagleville.

Twenty-three year-old Addison Clark bought the property in 1855 and started the Glastenbury Knitting Company, using an old spelling of the town's name.

The company eventually changed its name to the more modern spelling but retained "Glastenbury" as the name of its line of high-quality men's underwear. The Glastenbury line became known throughout the world for its high quality standards, which included minimal shrinkage, modern dye techniques, lock-stitch seams and a guarantee against ripping.

The company produced other cotton and woolen goods, but its flat-knit woolen underwear was by far its best known product. At one point, the company operated two mills at the site, with the upper mill producing colored goods and the lower mill specializing in white goods, and owned almost the entire village, which was renamed in honor of Addison after his death in 1896.

The company exhibited its products at the Columbian Exhibition in Chicago in 1893 and was honored with an award for merit.

It also ran advertisements touting the benefits of its "Glastenbury Health Underwear" for men. "Every garment is shaped to the figure, and guaranteed not to shrink," one advertise-

Top: This ad shows"Glastenbury Underwear" was known for its high quality. Middle: The tower shown here was destroyed by fire. It was replaced in the early 2000s when the old mill was converted into luxury apartments. Bottom: The Glastonbury Knitting Company's "Health" line was touted as preventing sudden chills, colds, pneumonia and rheumatism.

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ment proclaimed. “Glastonbury two-piece flat-knit underwear has a record of over half a century’s satisfaction to the consumer. Affords protection against sudden chills, colds, pneumonia and rheumatism.”

As was the case with other local fabric manufacturers, the Civil War and World War I were boons for business.

The company’s long johns made for Union soldiers became known as “union suits” during the Civil War, and during World War I the company produced about 400,000 pairs of the one-piece undergarments for American doughboys.

At its peak, the company employed about 150 workers, many of whom were from families that came here from Poland, Hungary and Germany.

The Great Depression hit the business hard. The owners tried to update their product line but failed, and the company went out of business in 1936, leaving its workers without jobs. The mill was dismantled and its machinery and other goods sold at auction and hauled away. Even the houses and other real estate owned by the company was sold. The entire property, once assessed at more than $1 million, was sold for about $115,000.

The old mill was used for many years as a warehouse before being sold in 2005.

Over the next few years, the building and surrounding area were renovated and became the Addison Mills complex of upscale apartments under the direction of developer Martin Kenny, a former Glastonbury resident who has combined modern amenities with historic photos providing a sense of history throughout the building.

The site still has a retention pond and two waterfalls that once powered the mill’s machinery, although several buildings that were beyond repair were removed. As part of the $12 million in renovations, a tower that stood at the west end of the building until it was destroyed by fire in the late 1930s was recreated, making the building’s exterior similar to that depicted in old photos. **GL**

Employees of the Glastonbury Knitting Company took time out to assemble for this photo.

Courtesy photos

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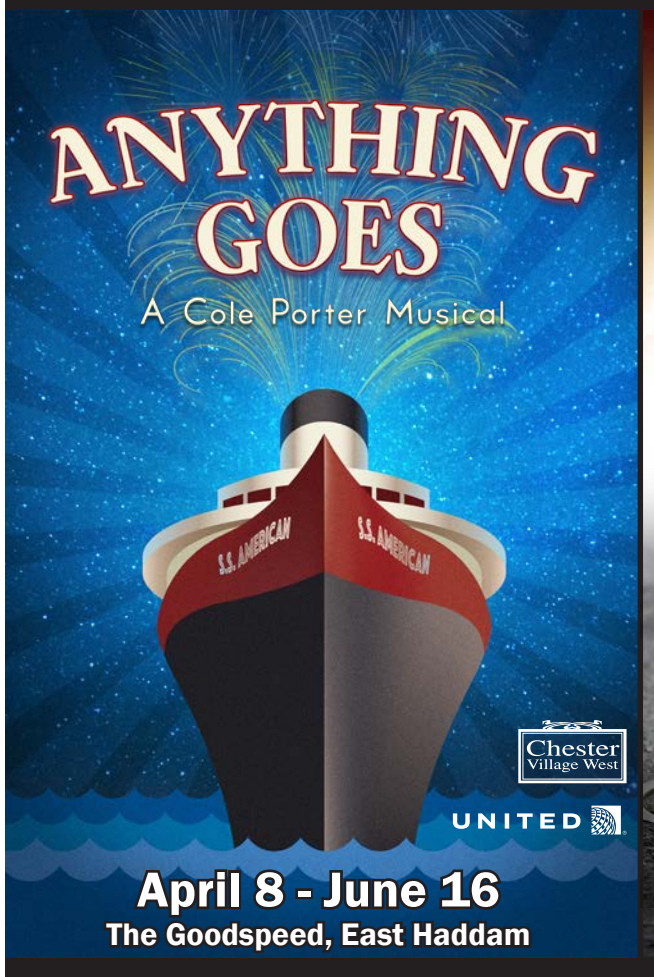

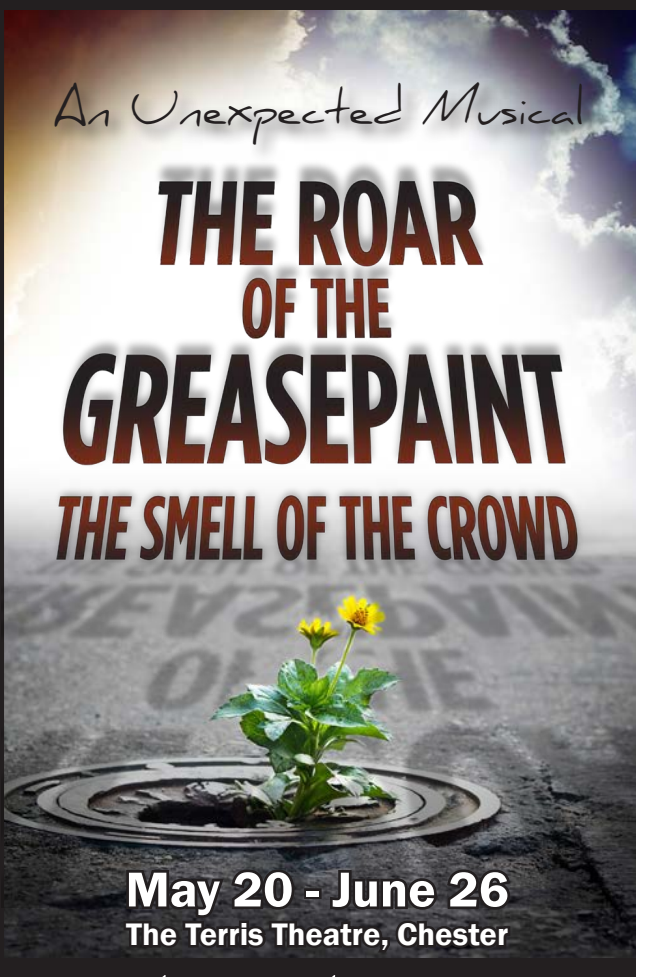

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Quinnipiac soccer coach is about more than just the game

Dave Clarke has been coaching for more than three decades

by Mara Dresner
Staff Writer

Coach Dave Clarke spurs his team to action against Albany on Sept. 15, 2015, in a game Quinnipiac lost 4-1 loss.

Courtesy photo

Growing up in Dublin, Dave Clarke played a lot of sports, including swimming, cross country and golf. From the first time he kicked a ball, however, one sport stood out from the rest.

"Soccer was always the one that had the pull on my heartstrings," said Clarke, the head coach for women's soccer at Quinnipiac University.

He came to the state in 1987 on a soccer scholarship to attend Central Connecticut State University.

"Your views of America were from the television shows of the 80s. Obviously you know the Irish connections to Boston, New York and San Francisco. I knew nothing of Connecticut except the geographic connection. Since I've been here, I love it," he said.

He earned a degree in physical education with a concentration with coaching in 1992 and did his student teaching at Glastonbury High School. He was a three-year recipient of the university's scholar-athlete award.

Coaching has been a part of his life since he was a teen.

"I've been coaching since I was 15. I was out injured for over a year. My dad always impressed on me if I wanted to make a career in the game, it didn't have to be as a player. It could be as a coach or administrator. I had the qualifications at an early age," he said. "Typically players don't get into coaching until their 30s. I got an early start."

He served as an assistant coach for Central's Blue Devils from 1991 to 1993, then was the head boys' soccer coach at Newington High School from 1994 to 1996, winning two consecutive Central Connecticut Conference titles.

He holds an 'A' license from the U.S. Soccer Federation, a National Youth License, an advanced national diploma from the National Soccer Coaches of America Association, and an advanced national diploma and coaching qualifications from Ireland, England and Holland. He served as an assistant coach for the Connecticut Wolves A-League Team from 1996 to 1998, where he also played for six seasons.

He's had to adjust his style of coaching many times.

"I don't have a set philosophy because I work with various age groups. Like when you teach elementary school. When you're a physical education teacher in an elementary school, which I was, you can't teach kindergartners like you teach fifth graders," said Clarke, who lives in Glastonbury with his wife, Kelly, and their daughters, Máire, Áine, and twins Bridget and Kevin.

Before joining Quinnipiac, he was the head women's soccer coach of the University of New Haven program, where he posted a record of 18-14-3 in his two seasons, including 12-5-1 in 1998. As a result, he was named the New England Collegiate Conference Women's Soccer Coach of the Year.

Clarke has been extremely active in both men's and women's soccer in Connecticut. He is a staff coach for the Connecticut Junior Soccer Association and is a license instructor for the United States Soccer Federation. Clarke was also a staff coach with both Connecticut and Region I Olympic Development Programs.

He didn't actively seek out the chance to coach women.

"Those were the doors that opened. I started when I was offered the opportunity to coach at the University of New Haven, then the Quinnipiac job opened up," he said. "Prior to that, I was heavily on the boys' side."

It's caused him to evaluate how he looks at the game.

"There are differences, although some people will say there's none. Just the way the game is played. One of the things female athletes will do is they will compartmentalize. When the game is over, it's over. They'll be on to the next phase of life whether it's studying or boyfriends or jobs, where-as males will dwell. I'm still dwelling on games from when I was 12," he said. "That's been an important learning tool. I might be obsessed with it and really absorbed with the game and planning and organizing, but the players at Quinnipiac might not have same view. I've learned to sort of meet them halfway."

Clarke is concerned about what's going on off the field as well as on.

"My role is as an educator and not just a coach," he said.

"Quinnipiac is really an academic philosophy. You want to have a winning program, but obviously players have to graduate and they have to come out of the program with life skills. It's about personal experience and pointing players in the right direction and using soccer as a tool."

That can have real-world implications, he explained.

"Quinnipiac recruits heavily in health sciences, nursing assistants, pre-med now. We have nursing majors who work in the emergency room. They understand how seconds can be the difference between life and death. When they're late for a team meeting or a bus trip even if it's just a minute, they understand [it can be like] the difference between saving a life and losing a life."

The implications carry over to other types of business, as well.

"If players are late for a meeting, if they don't speak well carry themselves well, they're going to lose the contract, they're going to lose the job. They might get by initially by pulling the wool over people's eyes. The work we do, the expectations, the goals become very, very important in the job market. We think athletes are not just soccer players. They're not just living in a cocoon of women's soccer at Quinnipiac. It's about how it impacts life beyond."

That attitude has made an impression on others.

"First and foremost Dave is a family man," said Mick D'Arcy, the women's soccer coach at CCSU. "He has committed a lot of his life to soccer but his family in Glastonbury and Ireland are always foremost in his thoughts. In terms of his soccer personality Dave is an educator. He teaches his players not only how to play soccer but how to understand and love the game. Dave is incredibly competitive and has played and coached the game at high levels. But his sole focus is not on winning. He takes pride in the development of players."

D'Arcy said Clarke's character came through clearly following a game more than a decade ago.

"In 2004 CCSU l eliminated Quinnipiac in the conference semifinal. Immediately after the game, Dave came over to me and asked me if he could speak to the CCSU players. He congratulated us on the victory and wished us the best of luck in the final. He reminded our players that he himself was a CCSU graduate and he would love to see us go on to win the final. It was typical Dave, so competitive for 90 minutes, but as soon as the game was over, he could put it all into perspective. And he never forgets his roots, whether it be Dublin or CCSU," D'Arcy said.

"He teaches his players not only how to play soccer but how to understand and love the game."

– Mick D'Arcy

Clarke has followed his own advice about looking beyond the soccer field. He earned a master's in journalism in 2010 from Quinnipiac. As part of his program, he interned with the U.S. Men's and Women's National Team, the New England Revolution of Major League Soccer and the Boston Breakers of the Women's Professional Soccer League.

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"It was a chance to branch out and learn how to write and properly communicate. The journalism program at Quinnipiac is very good. I wasn't the typical journalism major, but I got through it and I enjoyed it. I don't necessarily want to do as a profession, but it opened doors," he said. "I got to see behind the scenes and deal with the media. I got to … see how the media portrays coaches and how coaches carry themselves."

He's not necessarily done with his education.

"I'd love to speak Spanish fluently. I'd love to pursue a degree in sports psychology. I want to keep learning, keep improving," he said. "I'm very committed to education."

Clarke has taught in the school's freshman seminar.

"The seminar series is about where students find out about themselves, who they are, why are they at Quinnipiac, why are they pursuing an education? You have the freedom as to how you want the class to be structured. There are mandatory readings and book assignments. Mine was based heavily on the news cycle, how the events of the world impact their education and what they're going to do in the future, like the election cycle, the recession, the price of oil," said Clarke, a news junkie who keeps up with CNN, MSNBC and FOX News to get a variety of views.

He said the class helped students figure out where they stand on different issues.

"It was really a discussion-oriented class. You can have an opinion but it has to be an informed opinion. It can't be because you were taught that way or mom or dad said that. It has to be, 'This is my opinion and here is why.' That to me was the best part. I could see the growth. Students that didn't speak up, by the end of the semester found a voice."

Clarke is also a big baseball fan and enjoys the history and nuances of the sport.

And while he definitely sees how soccer is increasing in popularity, he's realistic about where it's headed.

"I'm not one of those who believes it's going to take on the NFL, but it's definitely on its way to [become] one of the top sports in the United States. The negative [perception] is dissipating and it's dissipating rapidly. In 20 years, it will just be accepted as a top sport," said Clarke, who added that "soccer is a multibillion dollar business in America."

One of the misconceptions that he still finds is "that it's boring.

"The irony of that a lot of Europeans find baseball and the NFL boring. I don't love football for that," he said. "Any kids who play find it [soccer] exciting."

He's looking forward to next season.

"We'll be very competitive. I have high expectations. We had 12 freshman playing last year. Now that they have a year under their belts, I can place more expectations on them," said Clarke, who was inducted to the Irish American Soccer Hall of Fame in 2015 at the group's second annual awards banquet. He was also named to the 2013 Irish Sports Top 50, an award presented by the Irish Voice that recognizes notable Irish figures in sports. In 2008, Clarke helped the Irish National Women's Soccer Team when they played in the "Achieve Your Gold" Tournament hosted by the U.S. Women's National Team.

Clarke earned national recognition for his "#26 Uniform Auction" for Sandy Hook that established a scholarship fund in memory of the lives lost in the Newtown shootings. He teamed up with Eric Da Costa of the Quinnipiac men's soccer team to help raise more than $30,000 in a month, surpassing their original goal of $25,000.

It all ties in with there being more to life than the number of goals on a scoreboard.

"I learned long ago, it's far better to be respected as a coach and a teacher than to be liked. Parents and players won't always like what I do and the decisions I make. I think for the most part they respect the decisions I make and the reasons behind it," he said. "Being liked is transient; it changes day to day. Respect is earned and earned over time. That ties in with a body of work, 16 years at Quinnipiac, coaching for over 30. Respect and longevity goes hand in hand." **GL**

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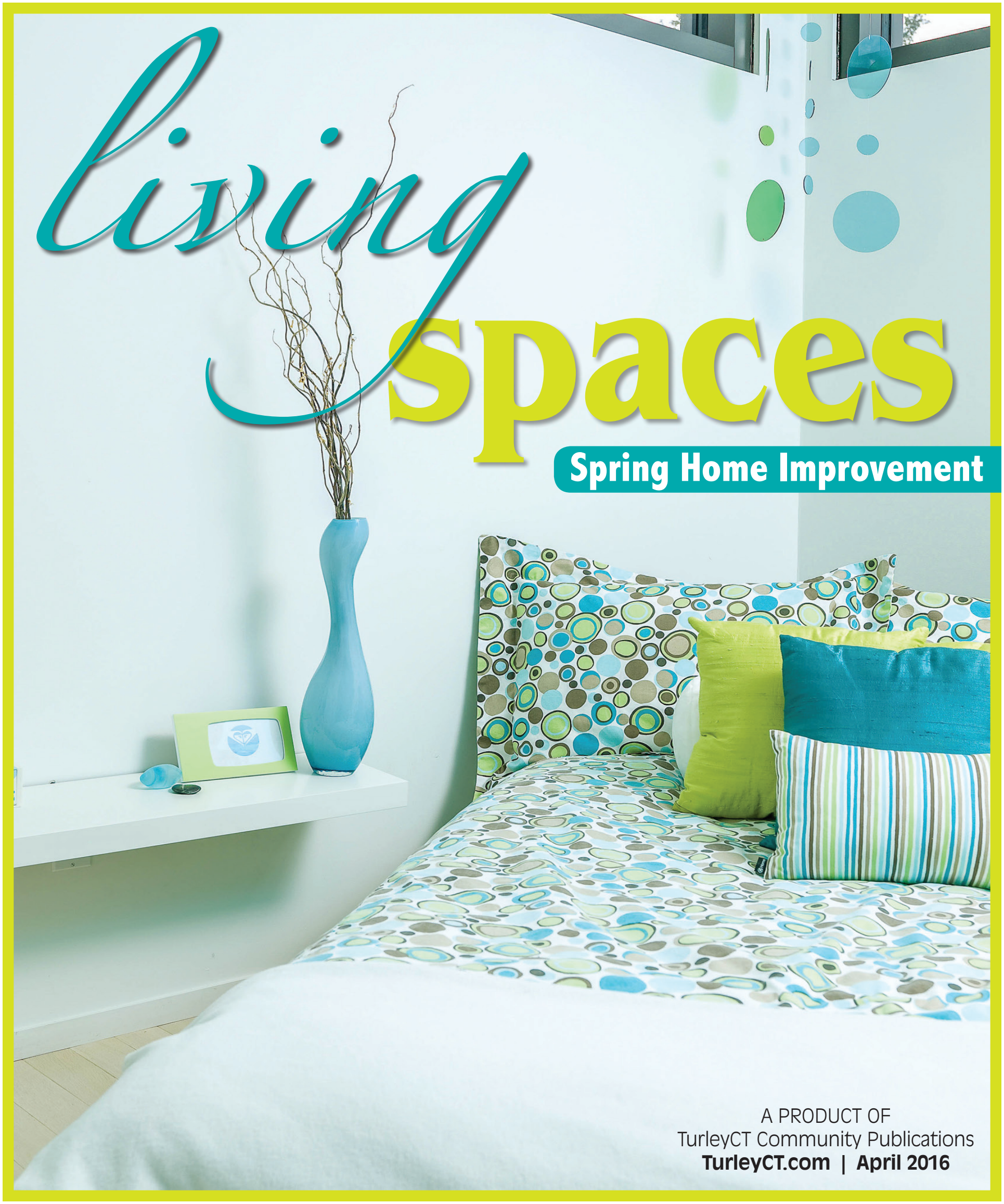
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Spring cleaning

Make the most of this annual ritual

Compiled by Lynn Woike

Area experts offer tricks of the trade when tackling spring cleaning.

"Break down spring cleaning projects into tasks that can be managed in the time you have available. It could be a room at a time, or even one drawer or one shelf a day. This method prevents you from becoming overwhelmed and allows you to better focus on a particular task." *Heather Feinsinger, owner, Re-Style Your Closets LLC, Simsbury*

"Assemble a cleaning basket or bucket with all the supplies you'll need. Carry it from room to room to tackle jobs both big and small so you'll have all your gear in one handy container." *Sarah Soboleski, owner, Classically Organized, Glastonbury*

"The products you use can help with the cleaning process. I really love straight alcohol on mirrors because of the residue build-up from hair products and makeup. It also works well on glass shower door soap scum with baking soda and a Magic Eraser. Just be careful that there is not a sealant on the shower door and do not get any on brass framing or wood." *Sandy Wheeler of Morawski Cleaning LLC, West Simsbury*

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"If you haven't worn it in a year, toss it. Also, toss it if you don't absolutely love it. Don't try to convince yourself you're going to wear that bridesmaid dress again when you hated wearing it the first time."
Mike Pendergast, owner, Great Closets of New England, Simsbury

"Pick one corner in the room as your starting point and move in a circular path from there. Always start on high surfaces and work your way down to the floor."
Sarah Soboleski, owner, Classically Organized, Glastonbury

"Devise a cleaning schedule once the bulk of the spring cleaning is done so it won't seem so daunting next year: mudroom on Mondays, toilets and tubs on Tuesdays, workspace on Wednesdays, etc."
Sarah Soboleski, owner, Classically Organized, Glastonbury

"Toss expired foods and spices in the pantry. Sanitize the refrigerator and freezer. Reorganize the pantry, cupboards, refrigerator and freezer, rotating soon-to-expire ingredients to the front. Sanitize fridge and freezer."
Emily Weissberg, owner, Organize Me! By Emily Weissberg, Avon

"Groove to some upbeat music while you work. A few good tunes will keep you moving and boost your spirits. The 'Frozen' movie theme song 'Let it Go' comes to mind as you release the dust and clutter from your home."
Sarah Soboleski, owner, Classically Organized, Glastonbury

"Identify a spot for donations. As you begin your spring cleaning, it's always good to purge any unwanted or unloved items you find. It helps to have a box or bag to corral these things to take to your local charity. Continue to use the spot throughout the year so you make it a habit to place your castoffs in this designated location."
Sarah Soboleski, owner, Classically Organized, Glastonbury

"When handling large projects such as a garage, choose a corner and focus only on that one area. Discard the true garbage. Remove unwanted items that have some value and can be sold or donated and place them elsewhere. Lastly, create a better system to organize and store what's left."
Donna Finocchiaro, owner, Organized East of the River, Marlborough **GL**

Next month we suggest how and where to get rid of items you no longer want or need.

A sense of style

Experts offer advice on combining objects to create a beautiful space

by Sloan Brewster
Staff Writer

A room is like a canvas.

Sometimes putting a masterpiece on the canvas means starting with all new things, but often it can be done by painting with a mishmash of items acquired over a lifetime.

The first step, according to Kellie Burke of Kellie Burke Interiors in West Hartford, is to do some editing, meaning getting rid of some of the pieces that won't lend themselves to creating a beautiful room.

"You have to look for scale," she said. "You have to make sure all the pieces in there aren't the same size."

Pieces of the same height and dimensions will just make the room look cluttered.

"Get a few very big pieces. That's going to be the thing that solidifies the room," Burke said. "Those are the starting pieces."

Use a rug to balance it all and create a frame around the room with the larger pieces, but use the right rug.

"The worst thing to have is a lot of little pieces of furniture and a small rug," Burke said.

If there's a special small rug among the things the homeowner is planning to keep, the way to deal with it is to place it atop a larger rug and balance it with the rest of the items in the room.

Burke suggests going through smaller pieces to find items that will create a flow.

"You need your eye to stop and set in different spots," she said. "You really need to edit and know how to draw your eye from the large, the medium, to the small."

Burke used her ideas to make some changes in her bedroom.

"I have this mélange of crazy in my bedroom," she said. "What I did specifically in my place was I laid out the items that were most important."

She sorted the pieces by genre, look, color and feel. She had lots of pieces of art, which she edited down by color. She was less concerned with the style or designs of art. What mattered to her was if she could blend the colors and frames together to create a flow.

She lined up the frames on the wall, hanging them at the same level, working at creating the look she wanted; it took eight hours.

"I sort of made a gallery through the room," Burke said. "Oddly, it worked."

Peter Robbin, owner and senior designer at LCR in West Hartford, also compared a room to a painting.

Robbin started with the idea of color, pointing out that from room to room, the current color matters.

"To have a purple background and next door an orange background, it's a difficult start," Robbins said. "Think about a house as a total, the whole thing is a painting. ... One has to think about the bigger picture. One has to consider the background palette of the whole house to start a flow, and this is before one even thinks about objects."

"The warmth or coolness is an important concept. If you mix, you have to mix with serious intention."
– Peter Robbin

Color and material are ways to create a good mix with eclectic pieces.

"You want to take inventory of the materials and colors," Robbin said. "Use those commonalities to tie things together."

Make sure pieces that contrast with one another work together.

"You have to take inventory of whether or not it is warm or cool,"

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Robbin said. "Gold leaf, yellow, rusted iron are warm. Polished chrome, white metal, glass and the color blue are cool in nature. ... Be aware that you're either using a cool palette together or, if mixing, that you do it with intention."

He repeated that concept a few times, pointing out that there are no hard and fast rules and compared the process again to putting a dab of color on a canvas.

"The warmth or coolness is an important concept," he said. "If you mix, you have to mix with serious intention. Sometimes a rusted iron next to silver leaf, they set off each other and present the best of the differences, and sometimes, if you have rust next to silver leaf, it just makes the rust look old or the silver leaf look too new."

Burke and Robbin agreed the trick is in viewing the room.

"This is all done with the eye," Robbin said, "moving things around and seeing how one object looks next to another." **GL**

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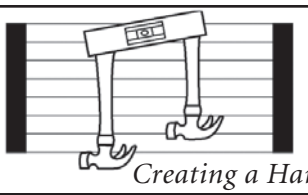

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Staging to stay

Experts offer advice on how to fall in love with your home again

by Alicia B. Smith
Staff Writer

Infinite Home clients remade their bedroom into a warm and inviting space with new furniture and a rug. The fireplace came from another room in their house.

Courtesy photos

You loved it enough to buy your home all those years ago, but time has taken the gleam off the old abode and now you are ready to get out.

Circumstances require that some people move, but for those who truly would rather stay put but are tired of the same old furniture and fixings – there's a solution. Learn ways to make your home fresh and fall in love with it all over again.

Home stagers assist clients in making their houses beautiful so that potential buyers will envision themselves living in the space and make an offer. Their tips and techniques can also help you see your home in a new light.

Tamatha Wolfel, stager and owner of Infinite Home Design in Wethersfield, said, "There are many ways you can freshen up your house if you want to put in the time; it can change the entire look."

When working with clients to sell their home, Wolfel suggests decluttering, removing odors and cleaning windows.

"The first rule of thumb is if it's seven years old, it should go," Wolfel said. "That is the cycle of trends."

Another detractor is clutter, no matter what kind – magazines, clothing or odd collections of stuff – because clutter makes a space look dated and smaller than it actually is. Wolfel suggests using bags to sort items: one for things to keep, one for things that can be sold and another for items to throw out.

This is also a great time to go through the home and bring in new accessories, from curtains and throw pillows to new lamps, or just new lampshades and centerpieces. Accessories can update a space and add pops of color and texture all for a relatively small monetary investment. Sometimes all it can take is rearranging the art on the walls.

For those with some more time, painting rooms with a fresh coat of paint and even a new color is another way to make a huge impact.

"Painting is one of the best ways to freshen up a room," Wolfel said.

And paint can be applied to more than just

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walls. Wolfel said that a fresh coat of paint on a wooden piece of furniture, along with some new handles, changes the look and feel of a room.

Chalkboard paint is big now and adding some to the surface of a coffee table is a fun way to update the piece.

"The first rule of thumb is if it's seven years old, it should go. That is the cycle of trends."

– Tamatha Wolfel, Infinite Home Design

"If you have a dark wood set from the '80s, it's solid wood and beautiful and you don't want to throw it away, do it with chalk paint and put some new handles on it and you have a whole new set," she said.

With a bit of muscle and a few hours, rearranging furniture is another option – keeping in mind the less is more philosophy. Using fewer pieces of furniture in a space gives it a modern look.

Sometimes the placement of items is the change maker. Keeping a less cluttered mantel is important. If there are bookcases in the room, rearrange the books so they are not strictly lined up horizontally on the shelves, rather, have a mix of horizontal and vertical books and add a decorative item or a vase next to a stack of books.

"A shelf that goes all the way across is not conducive to a fresh, modern look," Wolfel said.

Kitchens and bathrooms are still important to selling homes and Wolfel advised they not be overlooked when staging your own home to stay.

"I've seen the backsplash make and break deals," she said.

If it's too busy or gaudy, change it to something more contemporary.

Older cabinets can be a turnoff when selling a house, so chances are good that they are also not appealing to the homeowner either. They can be updated with a fresh coat of paint and new hardware.

Old counters? Apply a granite coating to create the look of this luxurious material, Wolfel suggested.

To update the bathroom, paint the old wooden vanity and buy new curtains; using only white towels "just makes it seem fresh and new," she said.

Other suggestions include painting the front door for a fresh and inviting feeling for you, not just your guests.

When working with clients, Wolfel will walk with them through each room of their home. Often, initially, they are hesitant to make changes, but by the time they get to the third room, Wolfel said they begin to understand why staging is important. Wolfel suggested letting a good, trusted friend go through your home with you and make suggestions.

"The thing is," she said, "even stagers, when we go to sell our house, we get other stagers to do it; we are just so used to our surroundings we justify it all and say OK. It's always good to get an outside view, someone who is not critical. They may come up with something you never thought of before."

A thorough inventory of a home's

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This is a great time to start thinking of Spring/Summer projects. Whatever your ideas are, we can make them a reality and work within your budget. Become one of our award winning projects.

Courtesy photos

Danielle Needle was able to refresh this bathroom by removing outdated wallpaper, adding new lighting and getting rid of curtains that made the room dark.

contents can help identify pieces that might work better in another space.

For those who might feel intimidated about the process or feel they don't have the design chops to make a difference, there is hope.

Simsbury-based Danielle Needle, a professional home stager and redesign consultant who also works as a realtor, suggests homeowners start by doing some research. Looking through home and garden magazines or searching online can help identify appealing designs to replicate.

"I think people feel they don't have enough space," Needle said, noting that a space can feel confining due to furniture placement and traffic patterns.

For Needle, who owned her own home staging company in Florida, the biggest thing a homeowner can do is "lighten and brighten."

This could mean something as simple as putting brighter light bulbs in lamps, adding new lighting or swapping out dark window treatments for lighter ones.

Paint, too, can go a long way to making an impact. It can help brighten up a room and Needle suggested staying with neutral colors.

"Just putting on a neutral color makes a world of difference," she said.

Look down, too – at the flooring. Old carpet can make a space feel uninspired. If it's not possible to remove older carpeting, Needle suggested having it professionally cleaned, which will brighten it up and help with any odors that may be lurking. If you are able to install new flooring, selecting lighter colors will make a difference.

There are easy and reasonably priced ways to make the bathroom and kitchen stand out, too.

Needle said laminate counter-

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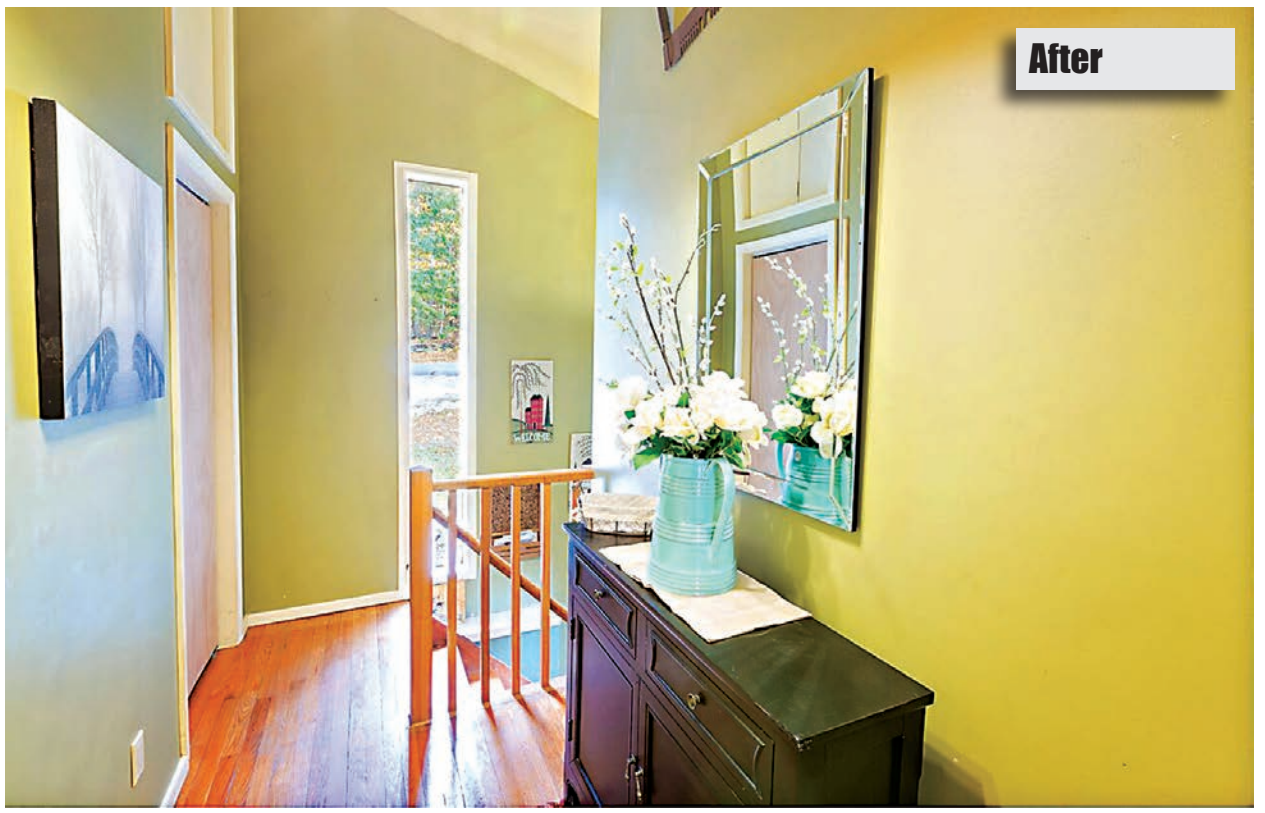

Courtesy photos

Polishing wood, washing windows and swapping out old pieces for a beveled mirror, a narrow console and a small area rug make for a more modern entry.

tops could be painted, as can cabinets, which will have a big impact. Adding new hardware also helps. If the budget allows, investing in new, updated appliances is another way to go.

For the bathrooms, Needle suggested putting in a pedestal sink, explaining it's new and takes up less space. There are other simple projects that Needle has done herself that can make a change for the better. If there is a dated piece of furniture that has sentimental value, adding a new slipcover is an option. Any artwork that homeowners love

can have a fresh new vibe by just swapping the frame or painting the one it already has.

"They have that 'aha' moment, 'I never thought to do that.'" is often the response Needle hears from clients. "They are actually really grateful you helped them with a vision."

The vision shared by Ridgewood Designs co-owners Leslie Ryan and Libby Gallant includes softer colors and decluttering. Twenty years of experience has enabled them to make quick suggestions on how to fall in love with your home all over again.

Paint goes a long way toward updating a home, Ryan said, noting that gray is a popular color along with softer coastal colors.

"The trend is no longer the Crayola crayon box colors where every room is a different color," she said. Rather, choose one soft color and paint the rooms the same throughout the home.

Gallant suggested replacing old wallpaper, explaining that although wallpaper is in at the moment, painting is better, quicker and less expensive.

Decluttering is another way to improve the look of a home. That includes moving out extra furniture, clearing off shelves, removing outdated window treatments and taking everything off the refrigerator.

"Sometimes nothing is better than something," Ryan said.

It would be a good idea to deep clean the house as well, have carpets shampooed, or better yet, if there is hardwood underneath, remove the carpet all together.

Updating photographs on display also goes a long way in keeping things fresh.

"If your kids are in college and you still have their baby pictures out, it's time for a fresh look," Gallant said.

When switching out photos, it would be a good time to swap the frames, too, and opt for matching frames rather than a mix of colors or styles.

Those that match will help create a composed collection, Ryan said.

Other ideas include having any popcorn ceilings in the home skim coated and painting the ceiling with clean, white paint.

Changing out light fixtures, Gallant said, was another way to update a room's look. They echoed other experts, saying time and money spent in the kitchen is well spent.

Gallant suggested painting the cabinets gray or white for a fresh and clean look.

For "an amazing transformation" in the bathroom, Ryan suggested giving the old pink, green or orange tub a white surface. To freshen up a room, Gallant proposed adding pops of color with pillows and throws that can be purchased at any number of places.

"When we go to stage a home, sometimes it does happen. People come back and say, 'Wow, I don't want to leave,'" Ryan said. GL

> **"The trend is no longer the Crayola crayon box colors where every room is a different color."**
>
> **– Leslie Ryan, Ridgewood Designs**

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Bathroom breaks

Look what you can do with $500 and a weekend

by Alicia B. Smith
Staff Writer

Home decorating shows, magazine articles and Pinterest photos can leave you feeling that your bathroom is inadequate. While prices for high-end fixtures and features can soar into the thousands, significant changes can be made with a budget of $500 and a weekend's worth of work.

David Litchfield of David Litchfield Building & Remodeling in Simsbury suggested taking a close look at the bathroom.

Paint is not expensive and makes a big impact. Litchfield suggested that a fresh coat of paint can go a long way, but warned that the project is not as easy as some may think and that careful attention needs to be paid with any painting project so it comes out well. He suggested using a neutral color.

Work on the grout in the room as well.

"Cleaning the grout and getting the grout in good shape and looking at poorly installed silicon or grout and caulking around the tubs and showers" is important, he said.

Investing in a new shower door can be a good investment, Litchfield said. Sliding doors that span a tub cost $300 and up, while those for a shower stall are less.

"It may be a major improvement over what is there now," he said.

If the bathroom is truly decorated from another era – think pink toilet and tub – it might be worth getting a new toilet and investigate the cost of repainting the tub.

Replacing a toilet can be done in an afternoon, and a simple white toilet can be found starting at $100.

Bathtubs can be purchased for as low as $250, but replacing them is not an easy job. Replacing sinks is slightly easier, and white pedestal models can be found at home improvement stores starting at less than $200.

The easiest method would be to refinish tubs, sinks and tile with one of the spray- or brush-on formulas in bright white. Prices start at about $50 for one tub or two sinks. Once applied, the fixture must cure for three to five days before use. **GL**

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Compiled by Lynn Woike

Create order from chaos throughout your house with these helpful organizing tips from local experts.

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"For organization, I like boxes and bins, but the important thing is for the contents to be 'transparent.' I don't mean that the box or bin needs to be clear, only that labeling is crucial.

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If you have small children who you'd like to encourage to pick up after themselves, placing pictures of the items contained in the bins can help. And before you think about throwing everything in the bins just to clean up the house, purge first. Do you really need 10 cell phone chargers?"
–Monica Katzen, owner, Mind My Life, Simsbury

Suitcases

"Vintage suitcases are great for storage – they can be stacked and used as an end table or nightstand next to a sofa or bed. They can hold anything from remote controls and magazines to sheets and towels for guests."
–Arlene Carr, owner, Revival Home, West Hartford

Baskets

"Easily retrieve items stored in your pantry, refrigerator, craft closet or playroom with these grab-and-go baskets. You can purchase them at most big box stores and they come in different colors and sizes."
–Sarah Soboleski, owner, Classically Organized, Glastonbury

Clear bins

"My favorite products are clear Sterilize bins with white lids. They come in many sizes, are affordable, stack well and fit portable shelving units typically used in basements, garages and closets. I place content labels on one long and one short side for easy viewing. Use the large 56-quart bins for soft goods – clothing, stuffed animals, bedding – and the 20-quart ones for light bulbs, extension cords, candles, paper goods and other items."
–Donna Finocchiaro, owner, Organized East of the River, Marlborough

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Hooks

"Garage storage space is limited for most of us and it usually houses odd-shaped tools as well.
To maximize the space, use walls effectively. Hooks are a perfect way to get things off the floor."
–Mike Pendergast, owner, Great Closets of New England, Simsbury

Chinese boxes

"Everything from paper clips, cotton balls and tea to sewing supplies can be neatly organized in a collection of colorful antique Chinese cloisonne boxes. They look great on a desk or dresser." *–Arlene Carr, owner, Revival Home, West Hartford.*

Lockers

"Putting lockers by your daily entrance gives everyone in the family a place to store items that come and go regularly – from coats and gloves to backpacks and sporting equipment. Durable and fun, lockers come in a variety of styles that can also help organize mud rooms, game rooms, bedrooms, bathrooms and garages." *–Paul Calafiore, owner, DreamMaker Bath and Kitchen, Newington* GL

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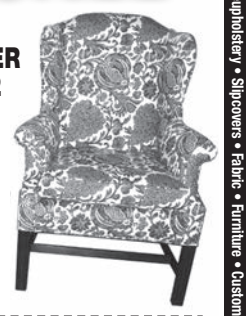

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For the birds

Welcome our feathered friends back home with a nesting box! Choose a variety of sizes – from wren to bluebird – in natural wood or long-lasting recycled material. The boxes come in a variety of designs, some with added features such as fledgling ladders and observation tops, priced from $31.95 to $62.95. Bat boxes are also available at Wild Birds Unlimited, 2848A Main Street, Griswold Shopping Plaza, 860-633-5211, glastonbury.wbu.com. **GL**

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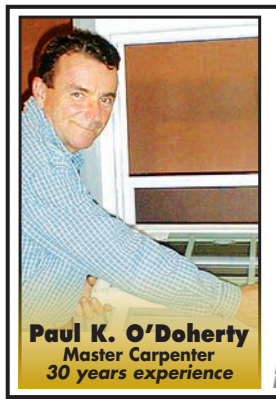

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Note from Nancy

Spring has sprung

I love April. To me, it bears the promise of the months to come, complete with brave little blossoms pushing through the soil and the first hint of buds on trees. Oh, and let's not forget the Final Four and the start of the baseball season.

I'm not going to jinx the UConn women's basketball team by predicting a fourth straight national title, but you can be sure I'll be cheering them on. We root for the men's team as well, but that's a bit like being a Red Sox fan, a lot of frustration with an occasional burst of brilliance and great joy.

Speaking of the Red Sox, here's a dirty little truth: I was a Yankees for most of my life but changed my allegiance to the Red Sox a few years ago.

Why? I discovered that it was easier to get to Fenway Park than to Yankee Stadium and more fun to walk around Boston than the Bronx before and after the game. And, unless we're talking about the UConn women, I love to root for the underdog.

My husband and our son are die-hard Yankees fans, and our daughter and her husband are card-carrying members of Red Sox Nation. It makes for an interesting baseball season. We even have a custom-made flag that shows our divided loyalties.

I loved the Yankees as a child because my father was an avid Yankees fan and usually managed to get box-seat tickets right behind home plate every year from the company he worked for. He served in the military with Bob Sheppard, the legendary public address announcer at Yankee Stadium, and when possible, we met him before games.

Once he took us to lunch at a VIP cafeteria at the stadium and I met Phil Rizzuto. A couple of times he took my little-girl autograph book into the Yankees' locker room for me. I have two autographs from Mickey Mantle, and one each from Yogi Berra, Bill "Moose" Skowron, Ralph Houk, Ryne Duren, Art Ditmar, Hector Lopez and Gil McDougald, a lesser-known infielder who was one of my favorites because I'd gotten his card in a package of bubble gum.

Those autographs, some on scraps of paper that Mr. Sheppard happened to have with him and others on pages torn from my book, sat in a little plastic bag for more than 50 years before we decided to have them mounted and framed.

Now they're in a place of honor on our family room wall, matted on white with dark blue pinstripes.

People who know me as a Red Sox fan are often confused by the display, especially since a couple of the autographs mention me by name. Maybe it's true that I'm a traitor, as the men in my family like to say. Or maybe, as the great philosopher Yogi Berra used to say, they should just "Take it with a grin of salt."

– Nancy Thompson

glastonbury LIFE

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Rummage Sale

SPRING RUMMAGE SALE - West Hartford United Methodist Church, 1358 New Britain Ave., West Hartford. Exit 40 off I-84, 1 block east of Westfarms Mall. Friday, April 8, 7-9pm. Admission $1.00. Saturday April 9, 8am - 1pm. Bag Sale - Free Admission. Items: clothing, shoes, handbags, kitchen items, domesitics, toys, books, small furniture, household items. Questions? Please call 860-521-7766

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BY MARK DIXON
WFSB METEOROLOGIST [AMS]

Winter 2015-16, an interesting one!

In the more than 110 years of record keeping, the average temperature for this winter of 35.1° places it in 2nd place for warmest. This, despite 2 days in February with low temperatures at -12° at Windsor Locks! The winter of 2001-02 remains at the top of the list with an average temperature of 35.2.°

Other records for the season: 31 days with a high temperature of at least 50° (previously: 26 days during the winter of 1932-33); also 9 days with a high of at least 60° (previously: 7 days during the winter of 1975-76 and that of 1953-54).

The warm weather this winter can be attributed, in large part, to a very strong El Nino. December was the warmest on record at an amazing 11.7° above average! January was 4.1° warmer than average, February came in at 2.3° above.

During the season, Windsor Locks had 11.08" of precipitation (rain, plus the water equivalent of snow and ice), 1.52" above average. Total snowfall was only 17.1", 13.6" below average (most of the snow occurred during the month of February with 14.2"). This will not be the least snowy winter on record – that honor still goes to the winter of 1936-37 when only 14.7" of snow was measured for Greater Hartford. **GL**

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Glastonbury $709,900
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82 GRANITE ROAD

Glastonbury $299,900
Cute ranch style home with full, partially finished basement, located in popular neighborhood. 3 beds; 2 baths; 1420 sq. ft.

93 MOTT LANE

East Haddam $699,900
1st fl. master; 240 feet lake front w/dock. Also listed w/boat, riding mower; golf cart, etc. $799,900. 4 beds; 3 baths; 4776 sq. ft.

1090 NEIPSIC ROAD

South Glastonbury $395,000
Modern colonial, very well-maintained, ready to just move in! Spacious, flexible floorplan! 4 beds; 2.1 baths; 2762 sq. ft.

16 SUNRISE DRIVE

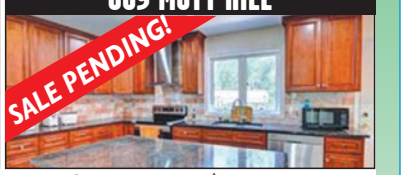
Glastonbury $359,000
Freshly renovated Ranch. New Kitchen with granite. Master Suite with dual closets and tiled shower. 3 beds; 2.1 baths; 1724 sq. ft.

309 ADDISON ROAD

Glastonbury $257,900
Newly remodeled stainless & granite kitchen; formal living room with fireplace; 4 season porch. 4 beds; 1.1 baths; 1967 sq. ft.

53 OVERSHOT DRIVE

South Glastonbury $325,000
Townhouse style condo w/many updates including central air, hot water heater, full-house generator. 2 beds; 2.1 baths; 2197 sq. ft.

869 MOTT HILL


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286 COLDBROOK ROAD

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177 KNOB HILL ROAD

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36 FOUNDERS ROAD

Glastonbury $500,000
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60 OVERLOOK ROAD

Glastonbury $319,900
First floor addition with master suite. Living room with built-ins and fireplace, 1st fl. bonus room. 4 beds; 2.1 baths; 1910 sq. ft.

6 PENNY LANE

Manchester $649,900
Kitchen boasts cherry cabinets & granite counter tops. First floor master bedroom suite & home office. 4 beds; 3.1 baths; 3405 sq. ft.

19 SEVEN HILLS CROSSING

East Hampton $499,900
Dining room with crown molding, shadow boxes and columns. First floor office with French doors. 4 beds; 3.1 baths; 3711 sq. ft.

43 KNOB HILL ROAD

Glastonbury $499,900
Truly special Ted Cox Architect designed - fabulous open floor plan, great interior architectural detail. 4 beds; 3.2 baths; 3222 sq. ft.

90 INDIAN HILL TRAIL

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320 KINNE ROAD

Glastonbury $750,900
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36 COPLEY ROAD

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497 WEIR STREET

Glastonbury $364,900
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27 COLTON ROAD

Glastonbury $699,999
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90 ADDISON ROAD

Glastonbury $229,900
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584 BIRCH MOUNTAIN ROAD

Glastonbury $1,075,000
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17 RIVENDELL ROAD

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Cherry cabinets/granite counters, stainless & black appliances, modern Kitchen design. Master suite! 4 beds; 3 baths; 2873 sq. ft.

60 COLDSPRING CROSSING

Glastonbury $364,900
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113 COLTON ROAD

Glastonbury $849,900
Superior architectural details, moldings, built-ins, & more! 1st fl bedroom w/office & full bath. 5 beds; 5.1 baths; 4273 sq. ft.

LOT 25 MENLO PLACE

Glastonbury $529,900
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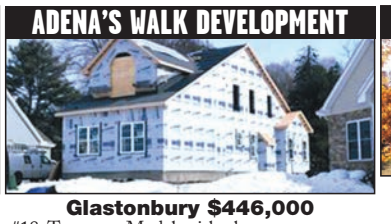

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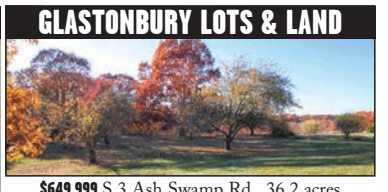

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